

The world seems to have slowed down in some ways. Maybe you have time to consider what you want to create from this point forward. Let's talk. This is what I would love to help you with. Email me (wendy@compassfortcollins.org) when you could meet and we could talk on Zoom, the phone, or just by email. Some things you/we could do are:

- Explore your future goals
- Assess your strengths and reflect on your talents
- Discuss post-secondary options and impact of COVID 19
- Generate ideas to gain experience and connect with others

I've put together a few resources below. Some of these you can do on your own and some are through Compass (but free to students).

CAREER ASSESSMENTS

Values in Action VIA Character Strengths Assessment

University of Penn's Psych Department researches happiness and strengths through this and other assessments. Take this free assessment for youth (8-17) and adults to enhance your wellbeing, build your resilience, and strengthen your ability to overcome problems.

<https://www.authentic happiness.sas.upenn.edu/testcenter>

YouScience

This assessment is free through Compass and is a brain survey of talents and aptitudes. It gives you a series of games and tracks how easy or difficult each task is. You want to do the things that are naturally what your brain does well! Then it gives you career examples that match your aptitudes.

<https://www.youscience.com/about/>

Contact Wendy for access and to review your results.

Online Storyteller

In this narrative assessment, Wendy would walk you through a series of questions in an online format and help you form a mission and purpose statement from your results. Contact Wendy for this opportunity Compass pays for you!

PODCASTS THAT ROCK!

Neuroscience/Mindfulness/Habits from Awesome At Your Job

<https://awesomeatyourjob.com/523-how-to-create-lasting-behavioral-change-with-kyra-bobinet/>

Brain Training from Awesome At Your Job

<https://awesomeatyourjob.com/494-how-to-train-your-brain-for-maximum-growth-with-dr-tara-swart/>

100 Ideas In 10 Minutes from Awesome At Your Job

<https://awesomeatyourjob.com/521-how-to-generate-100-ideas-in-10-minutes-with-dr-roger-firestien/>

VOLUNTEER OPPORTUNITIES

Read this cool article about people making a difference during COVID 19 (masks, food access, pairing up high risk and low risk individuals):

<https://www.newsweek.com/helpersdigital-irlmaking-difference-during-covid-19-1495768>

Food Bank

https://foodbanklarimer.org/volunteer/?gclid=EAlaIQobChMIx-KXxevT6AIVltlkCh0M3w-cEAAYAiAAEgL_1_D_BwE

City of Fort Collins

<https://www.fcgov.com/volunteer/>

Animal Friends Alliance

<https://www.savinganimalstoday.org/2020/03/23/supporting-animal-friends-alliance-during-covid-19/>