



# TUNE IN TO STRIVE OUT CAREER WELLNESS PROGRAM



Employees need unique psychological tools and skills to navigate today's post-pandemic workplace. This is especially true for persons from historically marginalized backgrounds. **Tuned In Labs'** diverse team of students and faculty has designed a career wellness program for college students grounded in the Radical Healing framework and career development theories that includes psychological and social (psycho-social) skill development.

The **Tune In to Strive Out Career Wellness Program** features 5-modules that guide students through practices to preserve a stronger sense of wellness and self-determination. In each interactive 60-minute session, students engage in activities that help them learn career development and wellness management skills and then give them opportunities to apply their learning directly to their lives. Student Affairs and other Higher Education professionals are invited to use the program to engage more deeply with their students. Program implementation materials are free and available to anyone who has completed the training. For more information about the training, please contact [ccwt@wisc.edu](mailto:ccwt@wisc.edu).

**The Five Modules** are based on the five anchors of radical healing:

## Module 1: **Identify Our Values & Believe We Belong**

- Helps students reflect on their cultural identity and sense of belonging as related to academic and career decisions.
- Experiential exercises help students clarify their career values and identify strategies to assess value congruence.

## Module 2: **Visualize Our Success & Determine Career Actions**

- Supports students in developing a greater awareness and understanding of themselves in relation to their goals, motivations, and plans.
- Experiential exercises allow students to practice designing a future consistent with their identities and values.

## Module 3: **Resist & Persist In the Face of Barriers**

- Empowers students to critically reflect upon systems of oppression that may impact their academic and career trajectories.
- Experiential exercises support students in cultivating their own narratives rather than accepting those society may try to place on them.

## Module 4: **Acknowledge the Past, Be In the Present, & Cultivate Hope for a Brighter Future**

- Introduces students to radical hope as a mechanism to resist oppression and thrive according to their values.
- Experiential exercises foster students' abilities to hold tensions and contradictions while staying true to the pursuit of their goals.

## Module 5: **Build Support for Personal & Collective Action**

- Emphasizes the importance of creating a sense of community and collective empowerment.
- Experiential exercises help students to identify their support network and inspire new connections while developing ways to advocate for self and their collective.

