**Connectedness**

People who are especially talented in the Connectedness theme have faith in the links between all things. They believe there are few coincidences and that almost every event has a reason.

I am (being) → incredibly aware of the borderless and timeless human family
I will (doing) → integrate parts into wholes
I bring (contribution) → an appreciation of the mystery and wonder of life and all creation
I need (requirement) → to be part of something bigger than myself; a family, a team, an organization, a global community, a cosmos
I love (value) → circles of life and threads of continuity
I hate (value) → an “us vs. them” mentality
Metaphor/Image → person as body, mind, and spirit
Barrier Label → flaky, new-ager, not in touch with reality

**Career Development Tips**

- Use service learning opportunities on campus to explore possible careers that interest you through the U’s [Center for Community-Engaged Learning](https://www.communityengagedlearning.umn.edu). Spend your summers volunteering for humanitarian causes or with the [Minnesota Council of Nonprofits](https://www.mncouncil.org) to determine the best fit for your talents. Visit the [Service](https://www.communityengagedlearning.umn.edu) category at the U’s [Student Unions & Activities](https://www.communityengagedlearning.umn.edu) webpage, and look for volunteer opportunities on [GoldPass](https://www.communityengagedlearning.umn.edu).

- Talk to your mentor about the connections you see between your volunteer opportunities, your values, and your mission in life. This relationship can provide a valuable sounding board through which you can articulate the connections that you see so naturally.

- Consider dedicating a couple years of your life to serving your country or community after graduation. Habitat for Humanity, the Peace Corps, Volunteers in Service to America (VISTA), AmeriCorps, Greenpeace, and Teach for America can be good places for you to experience a deep sense of gladness in meeting the world’s deep needs.

- Incorporate your need to serve all of humankind into whatever career you choose. Working in fields and for organizations whose values mirror your own will enable you to feel the deep sense of meaning that is so important to you.

- Environments that allow you to interact with others and help them find meaning and purpose will bring out your best.

**Theme Contrast**

**Connectedness**: Accepts mystery
**Analytical**: Proves truth

**Connectedness**: Aware of the inherent, invisible unity that already exists
**Includer**: Aware of the invisible social exclusion that often exists

**General Academic Life Tips**

- Ask yourself, “What life lessons am I supposed to learn today through my studies and the challenges they present? What is at work here that is much more important than passing a test or getting a good grade?”

- Search for linkages between your coursework and what you’re being called to contribute to the entire human family today and in the future.

- Examine how your life is inextricably tied to those of people in other parts of the world and from the past. Name as many of these connections as you possibly can. To get further connected with another part of the world, visit the [Learning Abroad Center](https://www.communityengagedlearning.umn.edu) on campus!

- Find ways to build bridges of understanding between classmates as well as between students and their professors. Realize that you’re motivated to show people how world events and close to home circumstances bind each individual to all humankind.

- Keep a journal. Let your ideas and feelings flow freely. Write without editing. Find purpose and meaning in your personal and academic life.

**Extracurricular Activities**

- Opt for nontraditional school vacations. Volunteer to build a [Habitat for Humanity](https://www.communityengagedlearning.umn.edu) house, travel to a third-world nation to help in a medical clinic, clean up an inner-city neighborhood, or work with urban families to plant a neighborhood vegetable garden.

- Mentor at-risk students during the school year. Become a reading tutor for adults. Teach English to immigrant and refugee families. Record books for the blind. Serve as a counselor at a camp for children with disabilities or who are terminally ill.