

Occupational Wellness

Occupational Wellness recognizes personal satisfaction and enrichment in one's life through work. At the center of occupational wellness is the premise that occupational development is related to one's attitude about one's work. Traveling a path toward your occupational wellness, you'll contribute unique gifts, skills and talents to work that is both personally meaningful and rewarding. You'll convey your values through your involvement in activities that are gratifying to you. Your choice of profession, job satisfaction, career ambitions and personal performance are all important components of your path's terrain.



*"Choose a job you love and you will never have to work a day in your life."
~ Confucius*

On-Campus Resources for Occupational Wellness: Center for Careers and Transfer

What we do: Students and alumni are invited to utilize the wide variety of services provided by the Center for Careers and Transfer, including:

- searching for jobs
- resume writing and interview preparation
- job networking and career counseling
- transfer counseling and more

Contact us by phone at (518) 629-7326 or by email at cce@hvcc.edu

Roadblocks to Occupational Wellness

- Burnout
- Stress
- Overworking
- Fatigue
- Lack of career direction
- Loss of interest
- Feelings of inadequacy, incompetence and failure



OCCUPATIONAL WELLNESS FOLLOWS THESE TENETS:

- It is better to choose a career which is consistent with our personal values, interests and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

NATIONAL WELLNESS INSTITUTE, INC.



The State University
of New York