



Introduction: You Are Here

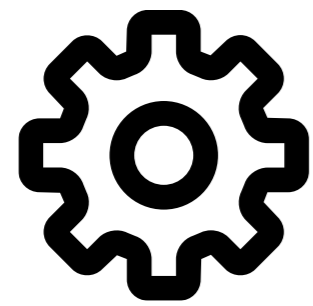
A 4-Session Virtual Masterclass

Powered by Western Alumni and Careers & Experience

LAND ACKNOWLEDGEMENT

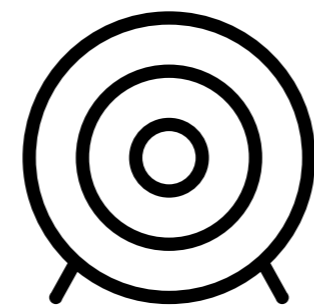


BUT BEFORE WE BEGIN...



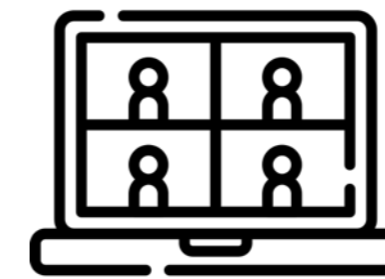
RESOURCE HUB

You'll find all the materials you need for the program here.



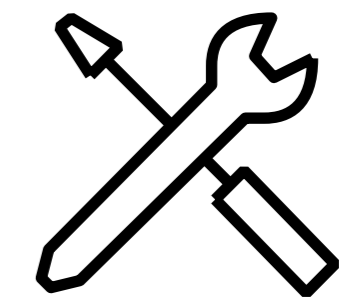
TEACHING PHILOSOPHY

This will be a blended learning experience, with lecture-style content delivery, small group discussions, interactive elements, and pre-work activities to help you participate fully.



BREAKOUT GROUPS

Because we are a large cohort, we'll make use of breakout rooms to allow for dialogue and networking.



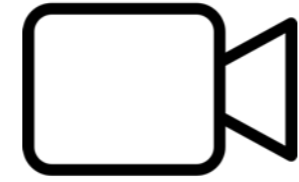
TECHNOLOGY

You will be learning in a virtual space and we want to familiarize you with the tools we'll be using.



MUTE

Please stay muted in the main room.



VIDEO

We want to see you! Please turn on your video if comfortable.



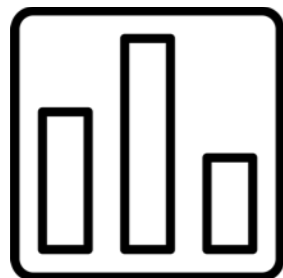
CHAT

Our team is here to answer your questions.



RAISE HAND

To take the pulse of the group.



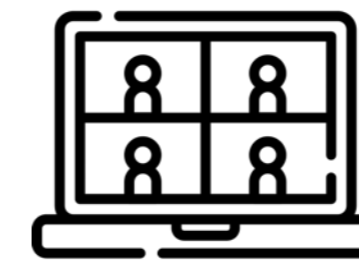
POLLS

To better understand your experiences and opinions.



WEB BROWSER/PHONE

Other participation tools:
Poll Everywhere + Padlet



BREAKOUTS

How you will participate and build community.



CLOSED CAPTIONS

You can turn this off and on, as required.

MEET THE TEAM



SARAH
DAWSON

Alumni Relations &
Development



DAVID
FEENEY

Careers & Experience



STEPHANIE
HAYNE BEATTY

Careers & Experience



HEATHER
WAKELY

Careers & Experience



JEFF
WATSON

Careers & Experience



STEVE
ARSENAULT

Alumni Relations &
Development



CAM
MALTHANER

Careers & Experience



KATE
PLACIDE

Careers & Experience

"LIFE HAS QUESTIONS. THEY HAVE ANSWERS."
—THE NEW YORK TIMES



BILL BURNETT & DAVE EVANS

DESIGNING

YOUR LIFE

HOW TO BUILD A WELL-LIVED,
JOYFUL LIFE

**Bill Burnett &
Dave Evans' work**

&

**Stanford University
Designing Your Life
course**



OUR PHILOSOPHY + APPROACH

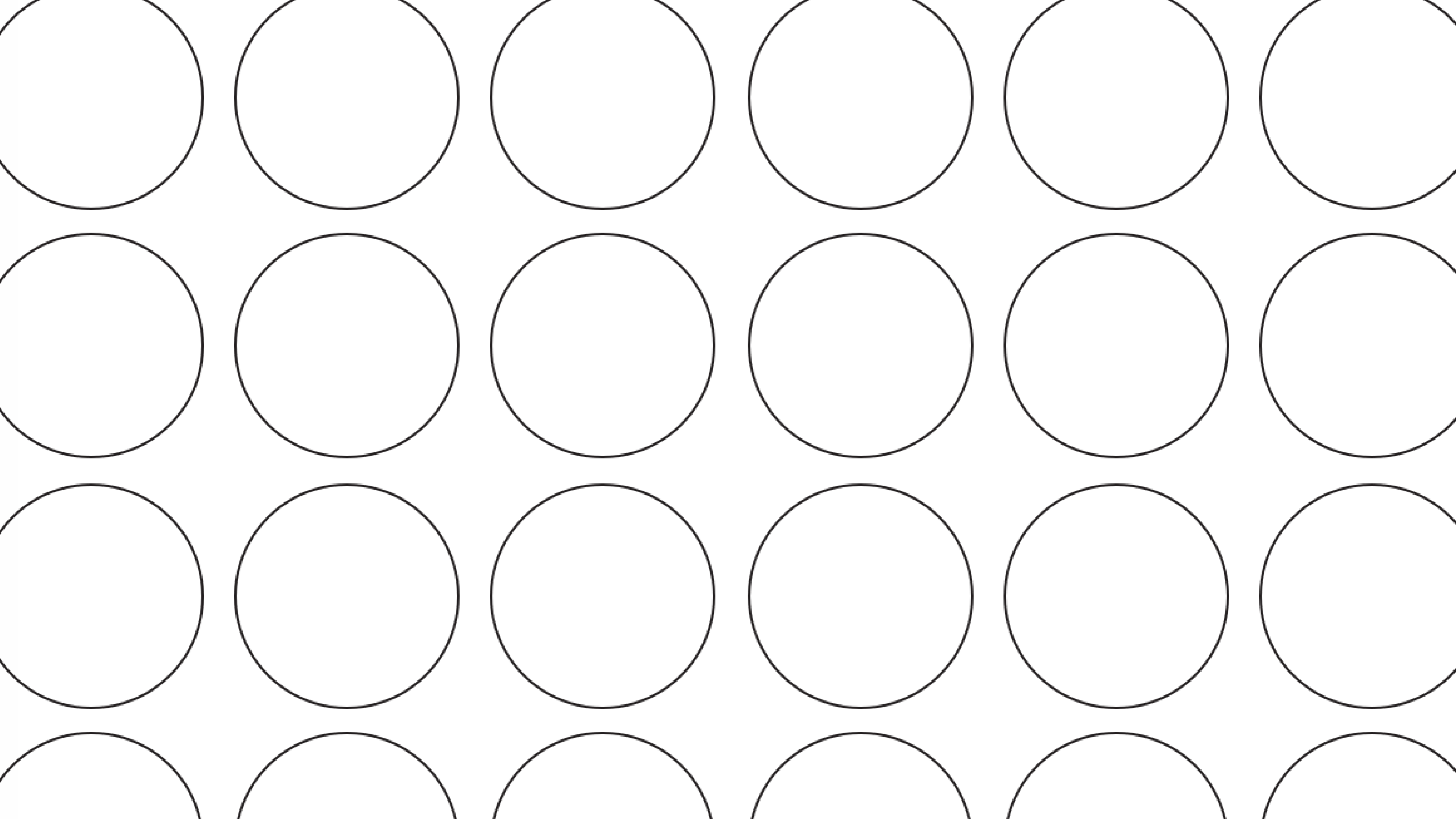




PRE-WORK
+ FILES

NOW IT'S TIME TO...

**DO
SOMETHING!**





EXERCISE: 30 Circles

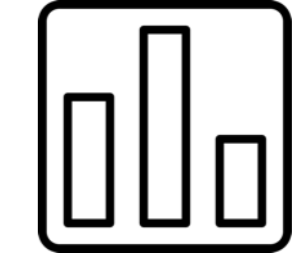
Directions

Turn your sheet of 30 circles into something.

You will have 3 minutes.







POLLS



CHAT

QUESTIONS

Did you solve the problem?

Did you do as well as you wanted to?

Were you ever frustrated or stuck?

What did that feel like?

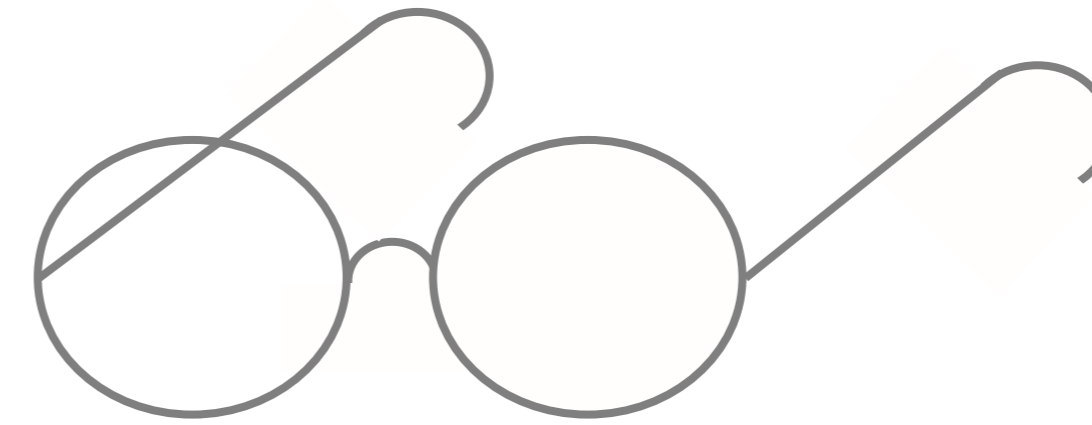
SCHEMAS



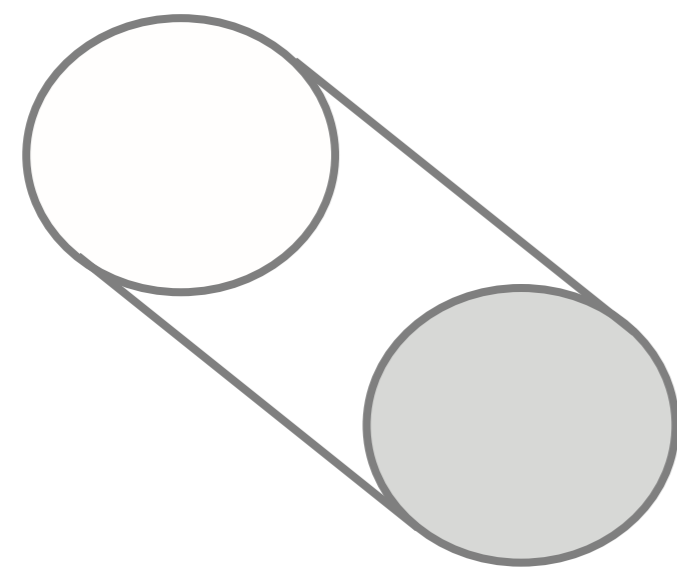
RAISE HAND



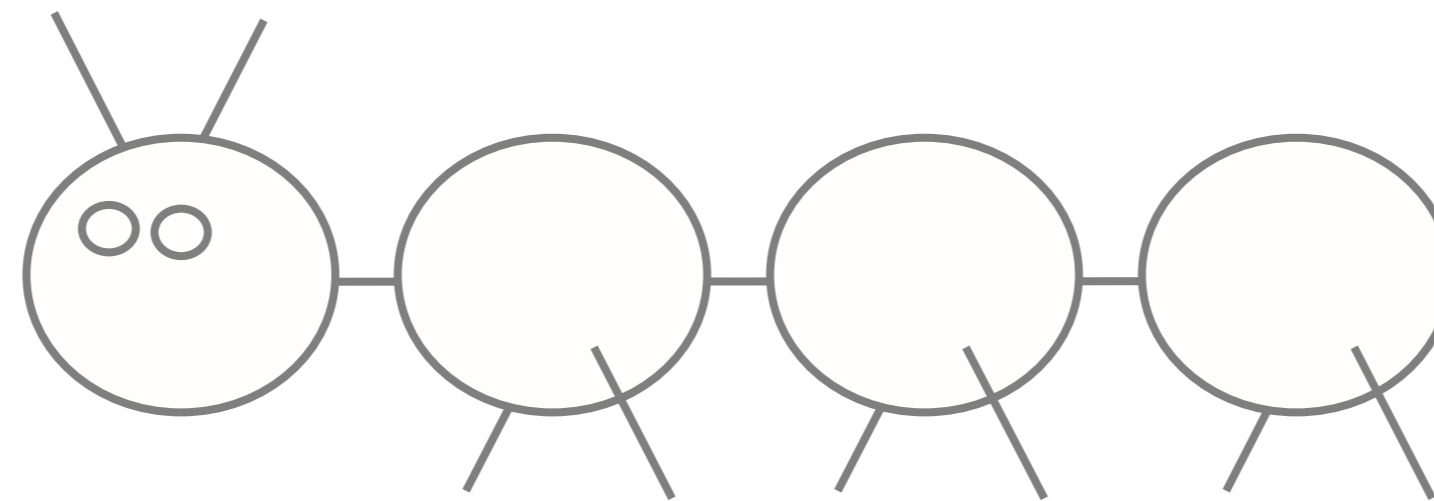
OUTSIDE THE CIRCLE



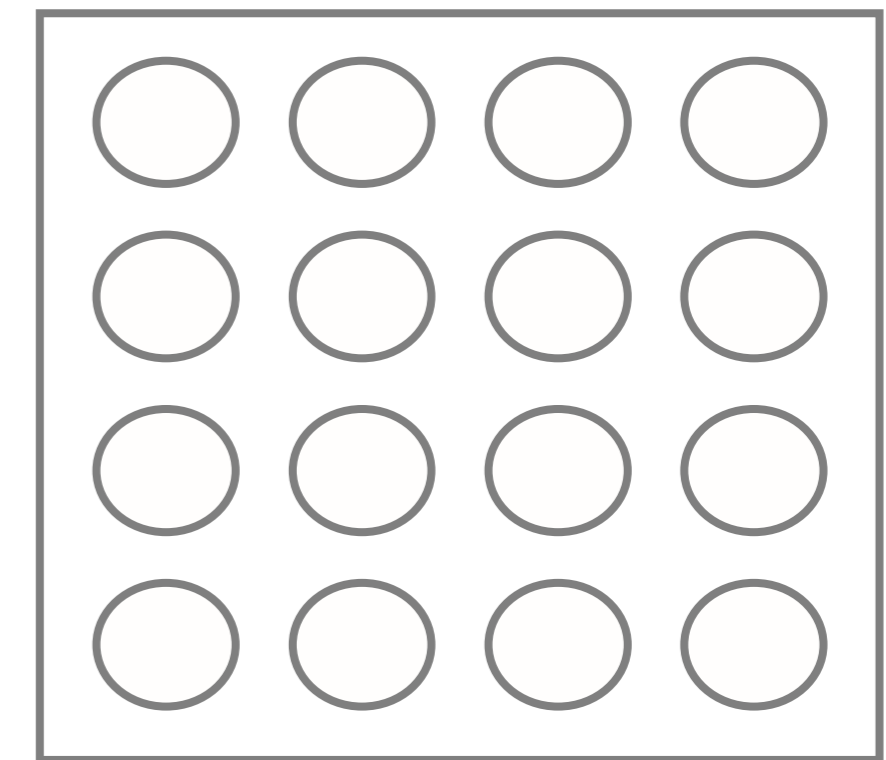
TWO CIRCLES



SOLID OBJECTS



MULTIPLE CIRCLES



CIRCLES AS TEXTURE







RAISE HAND

TAKEAWAYS

This is what “getting stuck” feels like.

This demonstrates how “unstuck” happens & feels.

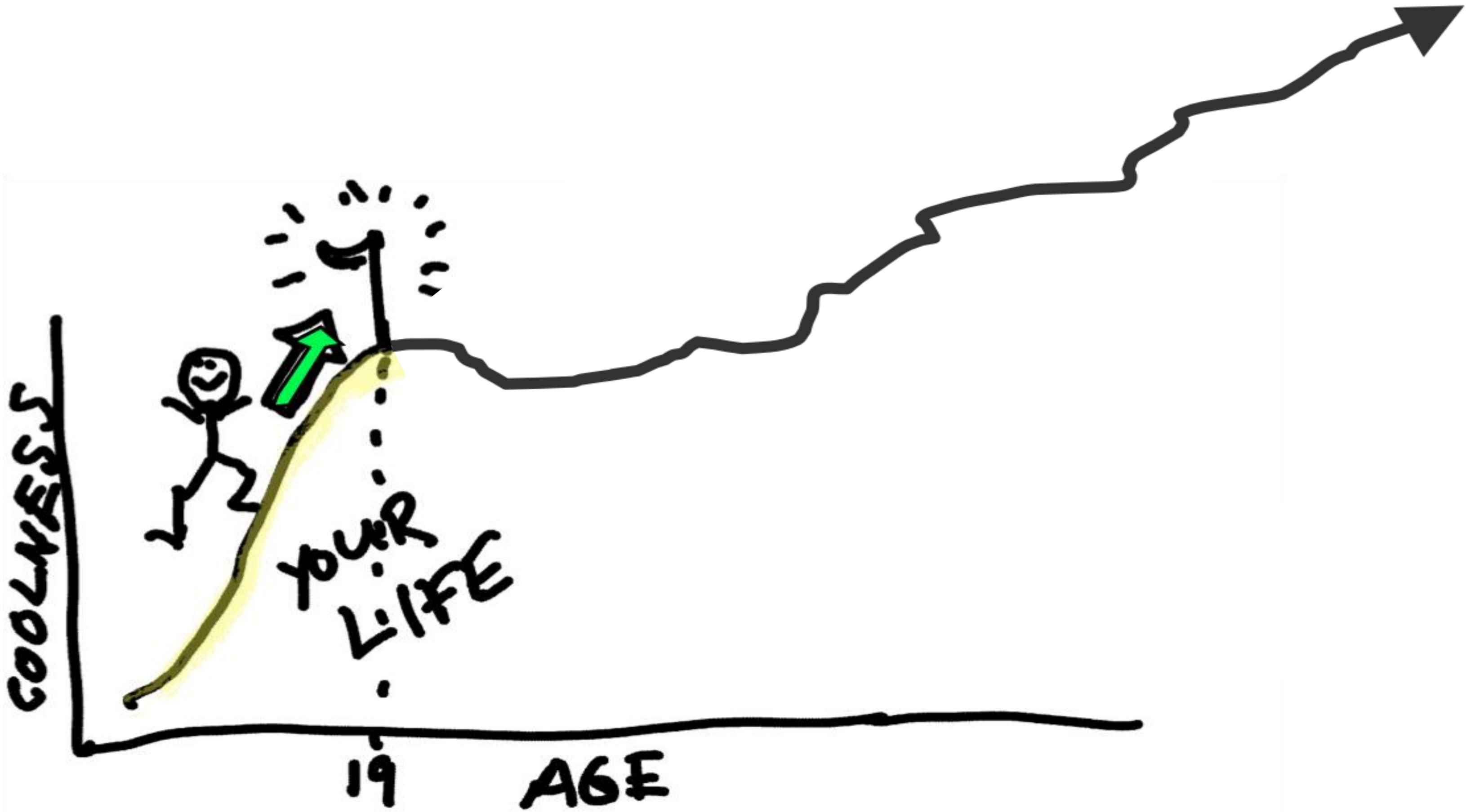
It is part of what we call “Design Thinking.”

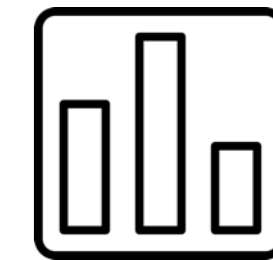
Remember at the end of high school... after you got into university?

What did everyone say to you?

“Oh, how wonderful! These are...”

...the best years of your life!”





POLLS

DYSFUNCTIONAL BELIEFS

A belief someone holds that isn't actually true



- **I HAVE TO FOLLOW MY PASSION**
- **MY DEGREE DETERMINES MY CAREER**
- **IF I'M NOT IN THE FIELD I PLANNED FOR, I AM SETTling**
- **THERE ARE NOT A LOT OF JOBS FOR PEOPLE WITH MY DEGREE**
- **I SHOULD KNOW WHAT I WANT TO DO BY NOW**
- **IF I AM SUCCESSFUL, I WILL BE HAPPY**

DYSFUNCTIONAL BELIEFS

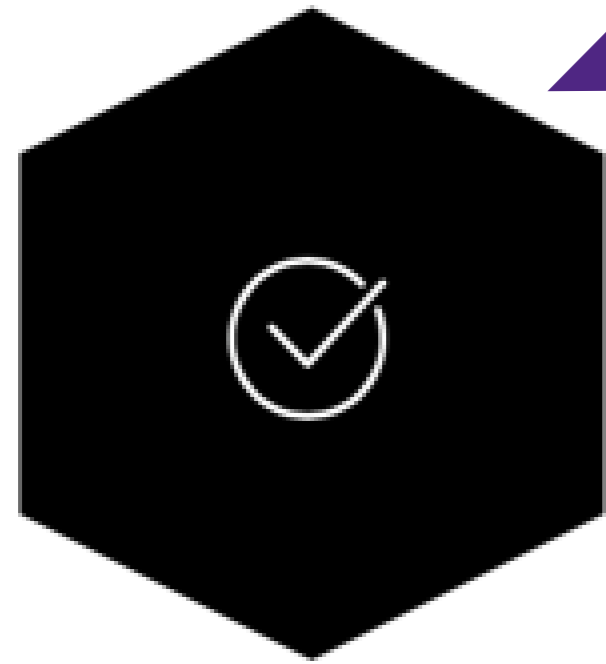
A belief someone holds that isn't actually true



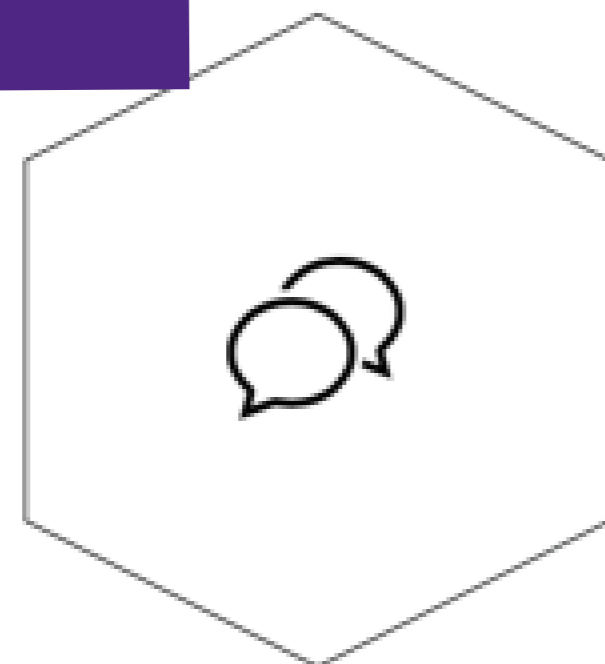
- **ARE FORMED AT AN EARLY AGE**
- **CAN LEAD TO FEELING “STUCK”**
- **BLIND US TO POSSIBILITIES**
- **FOSTER A FIXED MINDSET**

COURSE FRAMEWORK

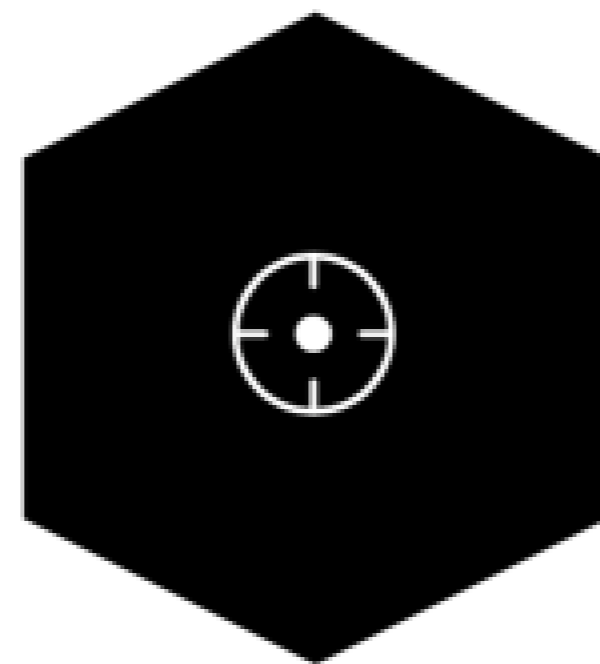
MEANING-MAKING
Workview and Worldview



ACCEPT



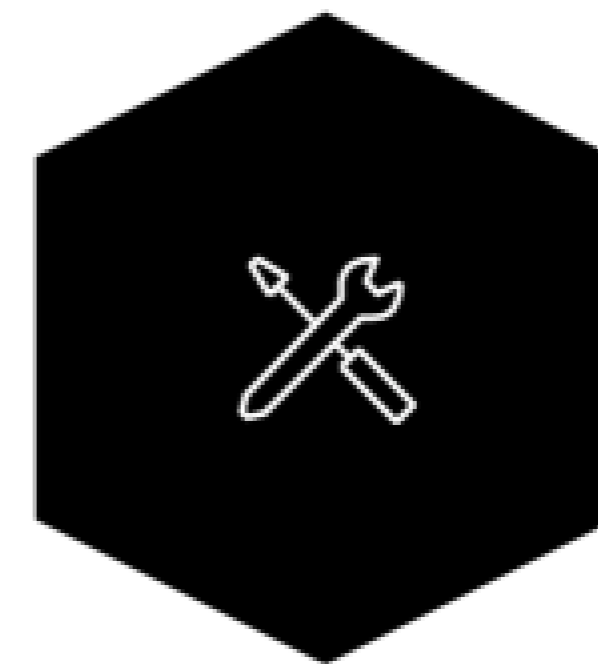
EMPATHIZE



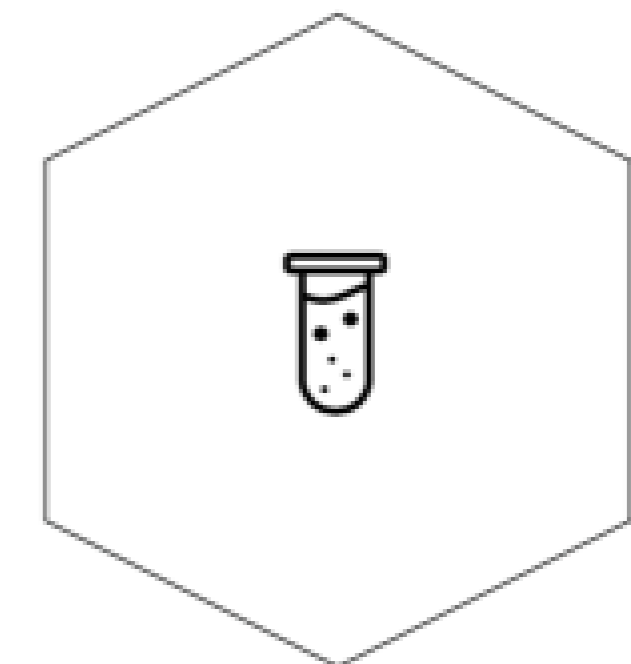
DEFINE



IDEATE



PROTOTYPE



TEST

DISCOVERY & SUPPORT
Practices, Discernment, Mentors, Community

SOCIAL IDENTITY REFLECTION



SOCIAL IDENTITY REFLECTION

Social Identity	Group Membership	You are very aware of	Think about infrequently, if at all	Discomfort / Comfort with expressing this identity (-3 to +3)	Lacks / holds privilege in your context (-3 to +3)	Impacts how you see yourself as a person	Influences your views and values related to work	Influences your views and values related to "how to live" life	Informs whom you collaborate or spend time with	Your relationship to this identity has changed over time	Comments (questions, noticings, ambiguities...)
Age											
Ability Status											
Academic Discipline											
Body size/type											
Ethnicity											
Gender											
National Origin / Citizenship											
Race											
Religion/Spirituality											
Sexual Orientation/ Attractiveness											
Socioeconomic Status											
Fill in your own category:											
Fill in your own category:											
Fill in your own category:											

SOCIAL IDENTITY REFLECTION

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Age	40's	yes			2		y	y	y	y	
Ability Status											
Academic Discipline	advanced degree holder	yes		1	2						
Body size/type											
Ethnicity											
Gender	female										
National Origin / Citizenship	American	yes		-1						y	
Race	white										
Religion/Spirituality											
Sexual Orientation/ Attractionality											
Socioeconomic Status	upper middle	yes		-1	1	y	y	y	y	y	
Fill in your own category:											
Fill in your own category:											
Fill in your own category:											



10 min

NOW IT'S YOUR TURN

Anything you write is private.

If something doesn't apply to you, leave it blank.

Choose your own challenge.

There will be a copy of this form available to you.

REFLECT: Take a few minutes to journal



3 min

How was that for you?

What surprised you, if anything?

How might these identities impact how you design for yourself?

What rows, if any, did you add? What was important about adding them?

What categories elicited additional comments? Any you want to explore further?



CHAT

DEBRIEF

SHARE IN CHAT:

One thing I am personally taking away from this reflection is...

INVITATION TO CONTINUE REFLECTION

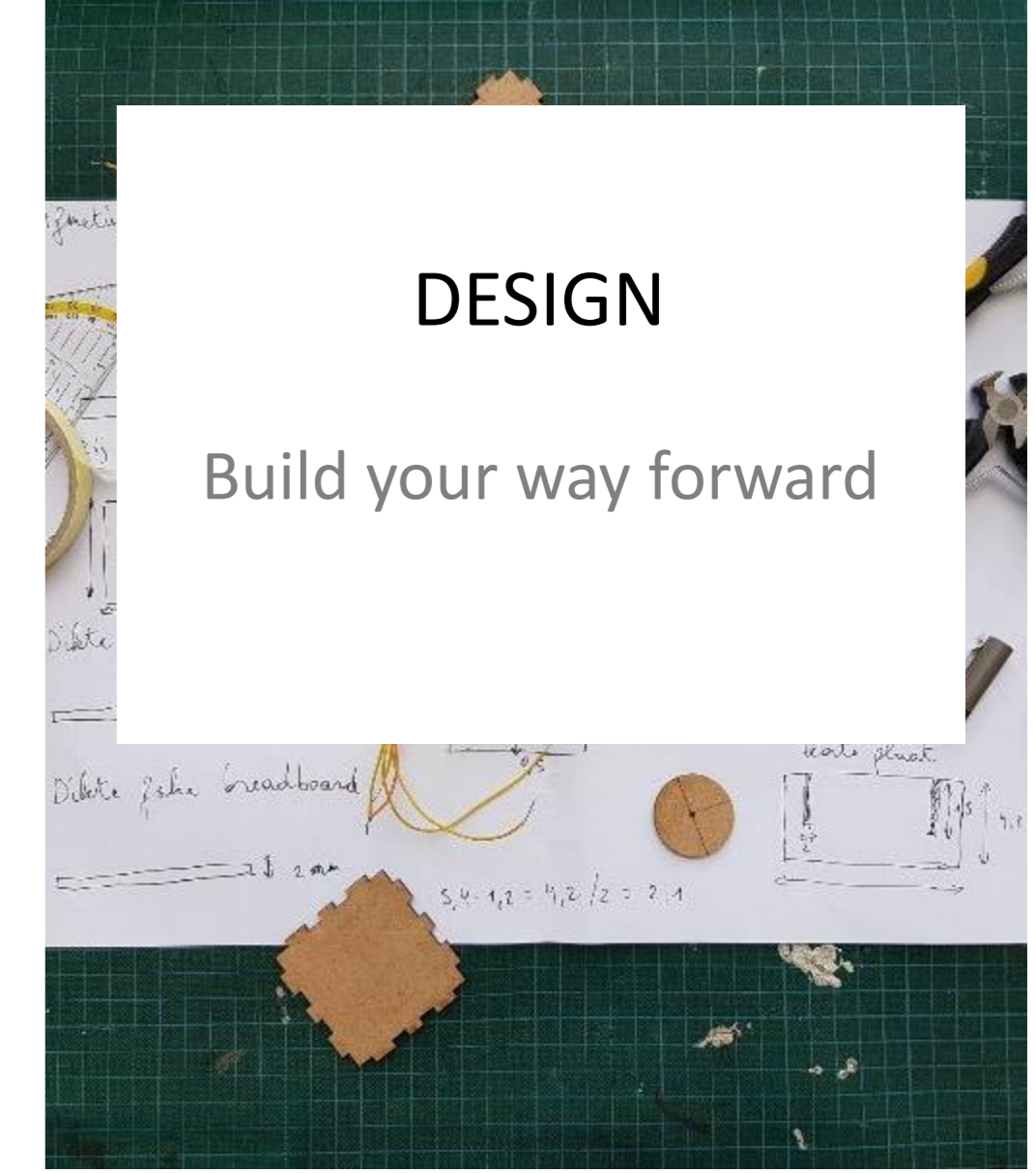
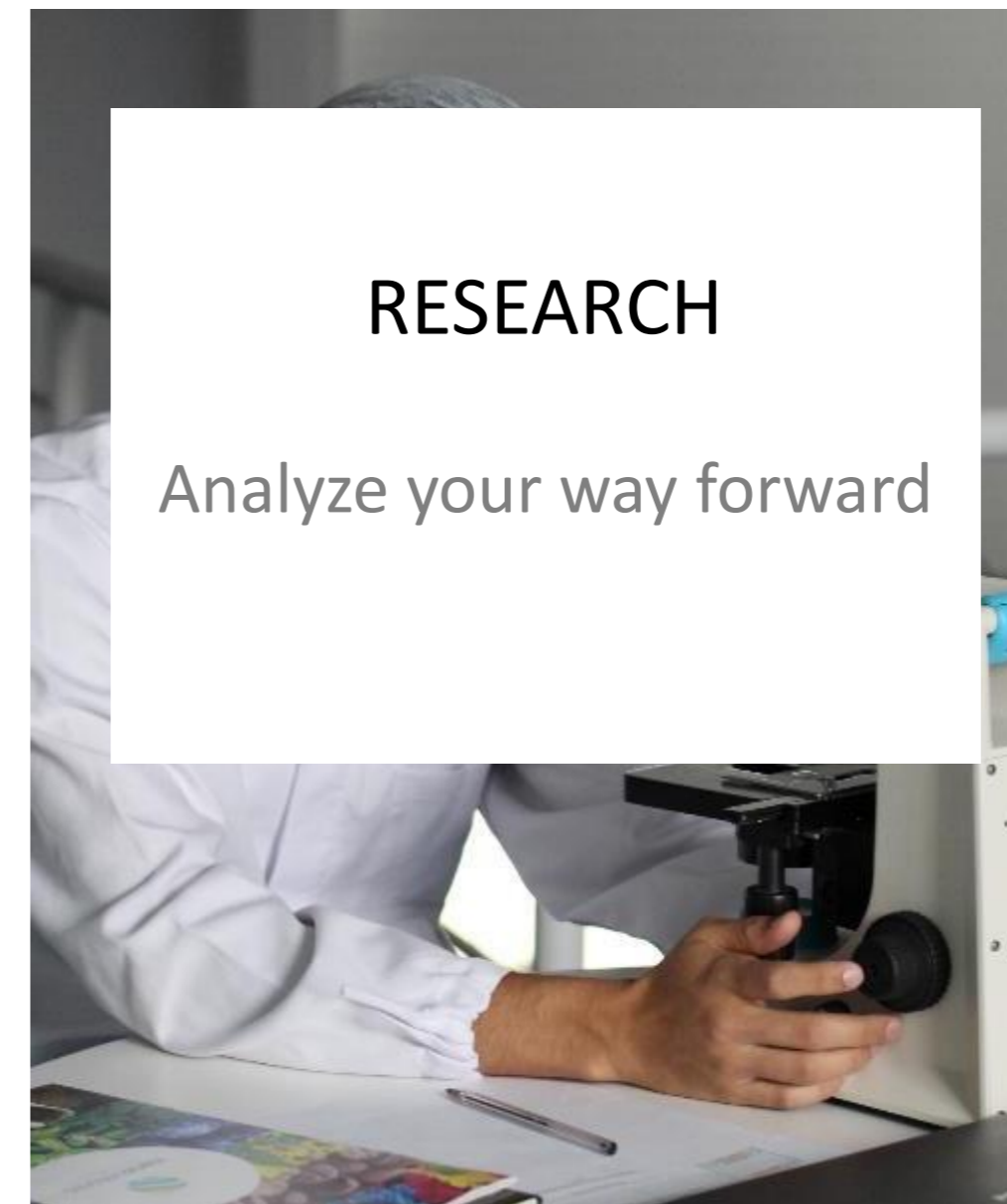
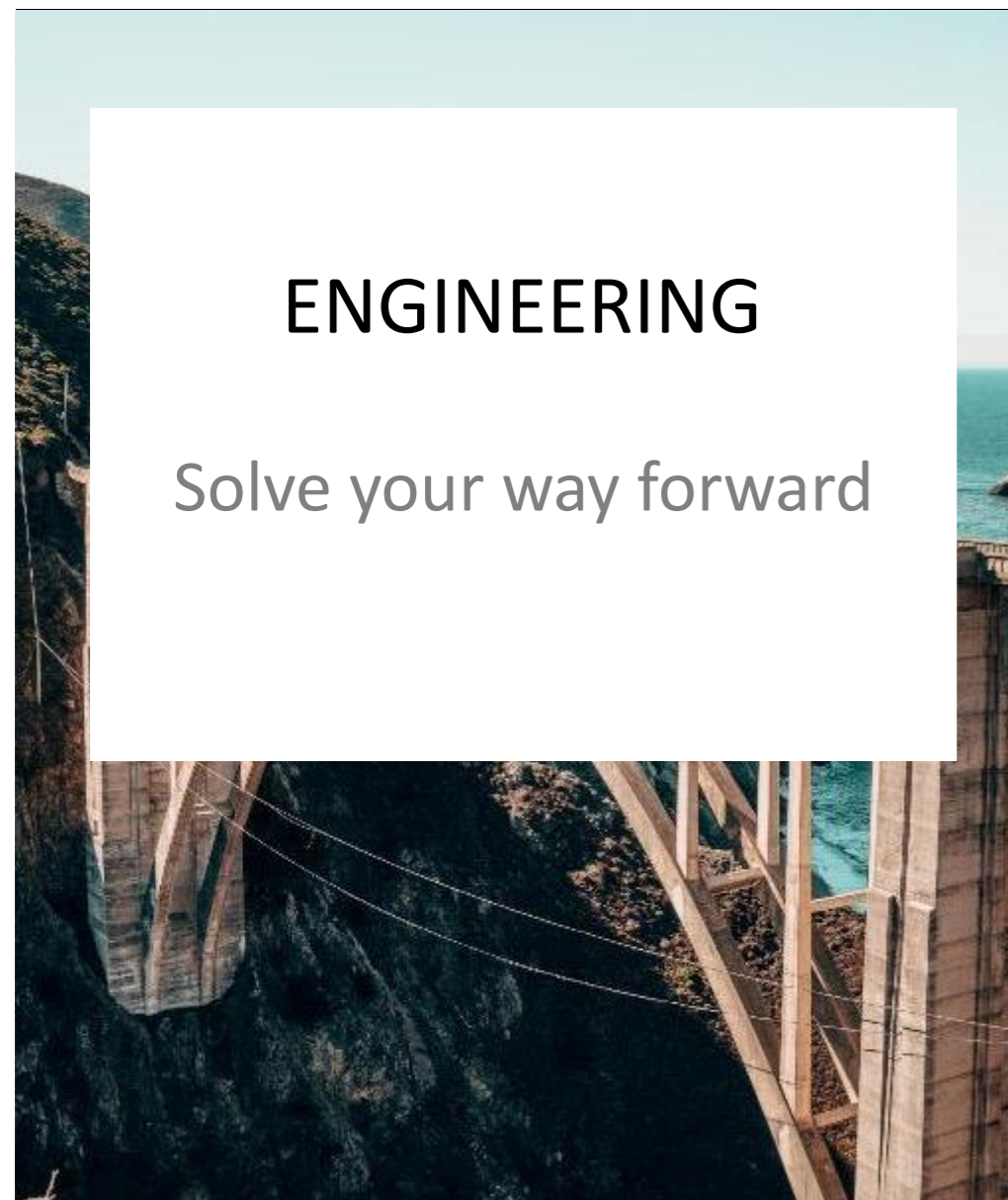
Though we won't collect this, or ask you to share, we invite you to continue to complete this grid on your own for homework.

We'll refer back to this reflection throughout the class, as we move through the design process.



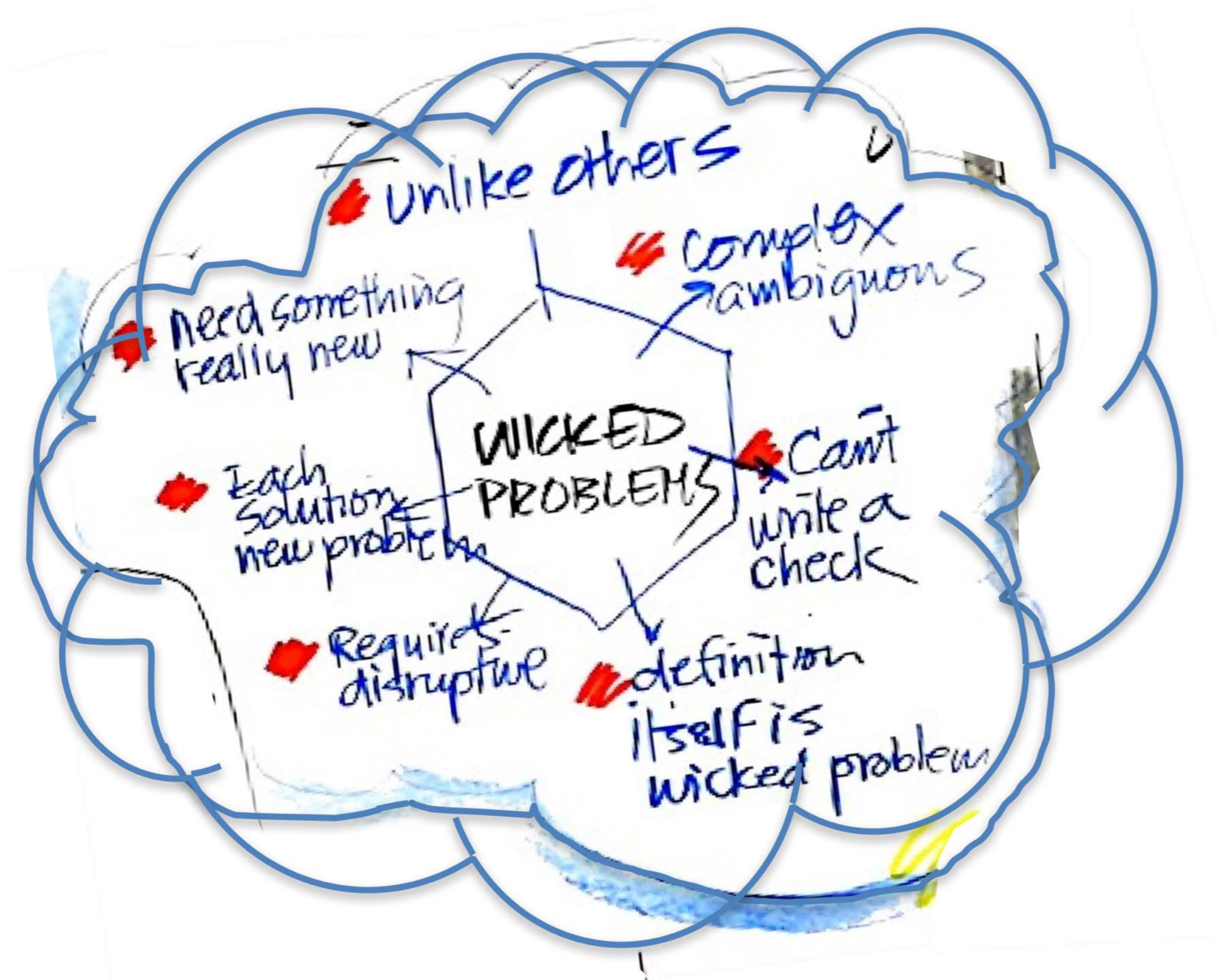
DIFFERENT WAYS OF THINKING

Designing your life doesn't involve a clear goal. A well-designed life is a life that is generative - it is constantly creative, productive, changing, evolving, and there is always the possibility of surprise.



DESIGN THINKING is ...

... a good approach to WICKED PROBLEMS

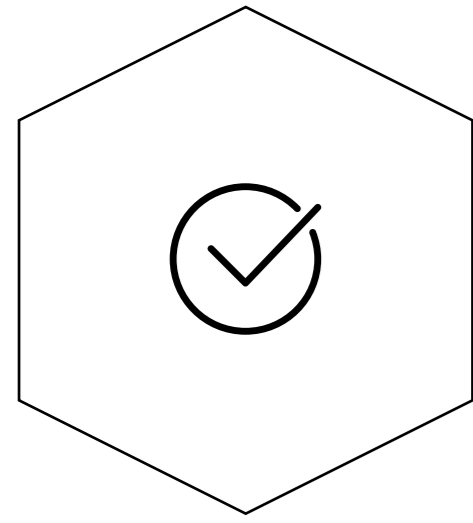


➤ LIFE

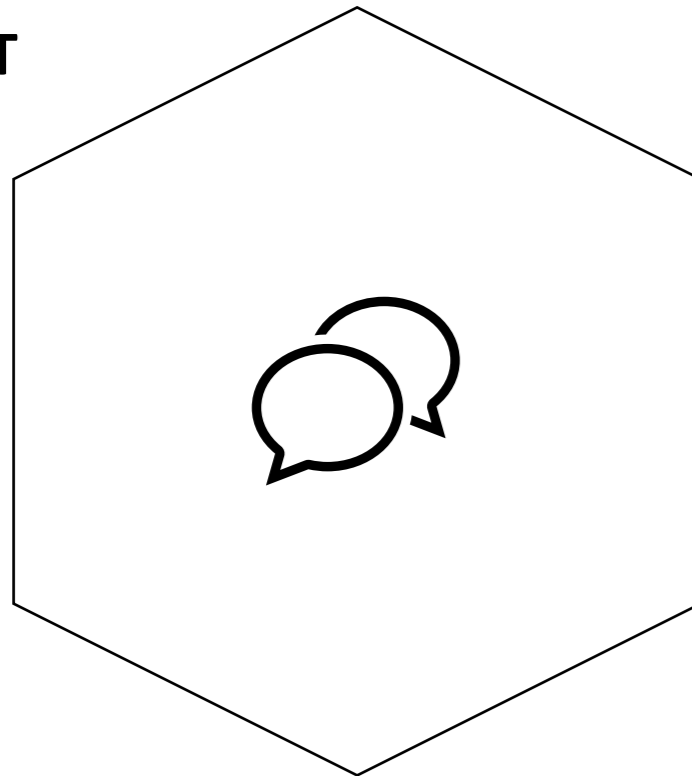
➤ VOCATIONAL WAYFINDING

➤ EDUCATION

DESIGN THINKING PROCESS

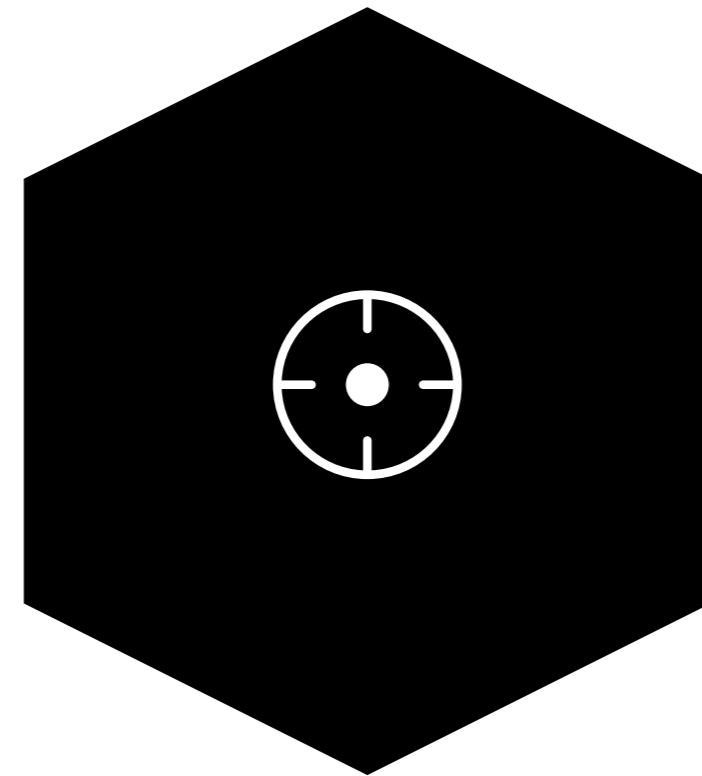


ACCEPT



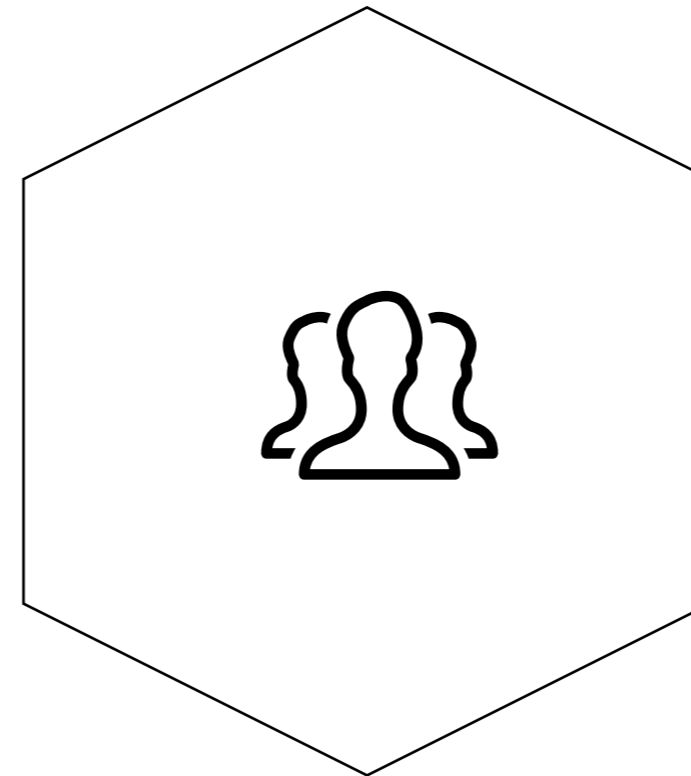
EMPATHIZE

Developing an understanding of ourselves - through guided self assessment and reflection and supporting others by listening and ideating together.



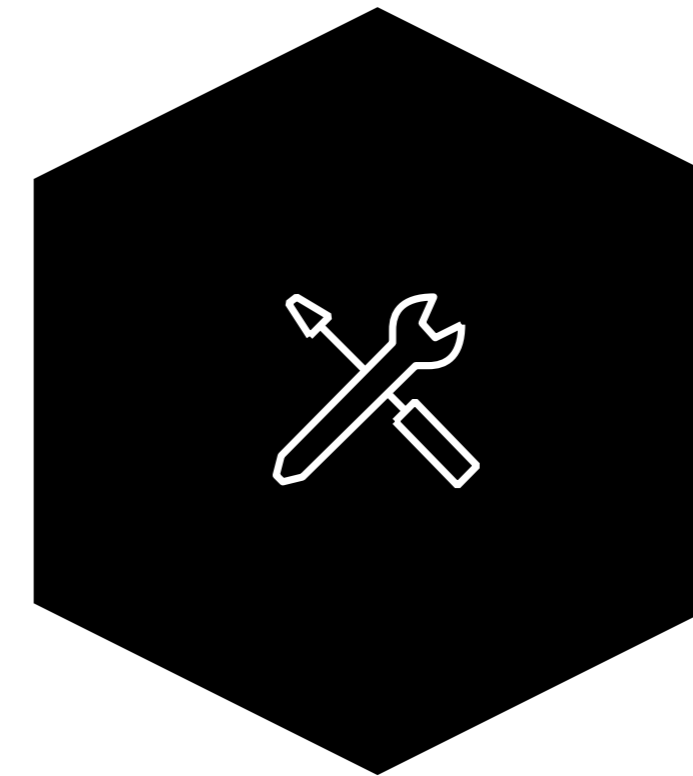
DEFINE

Finding the problem. Through the process of iterating, refining and reframing, real problems are found and can be used as jumping off points for ideating and prototyping.



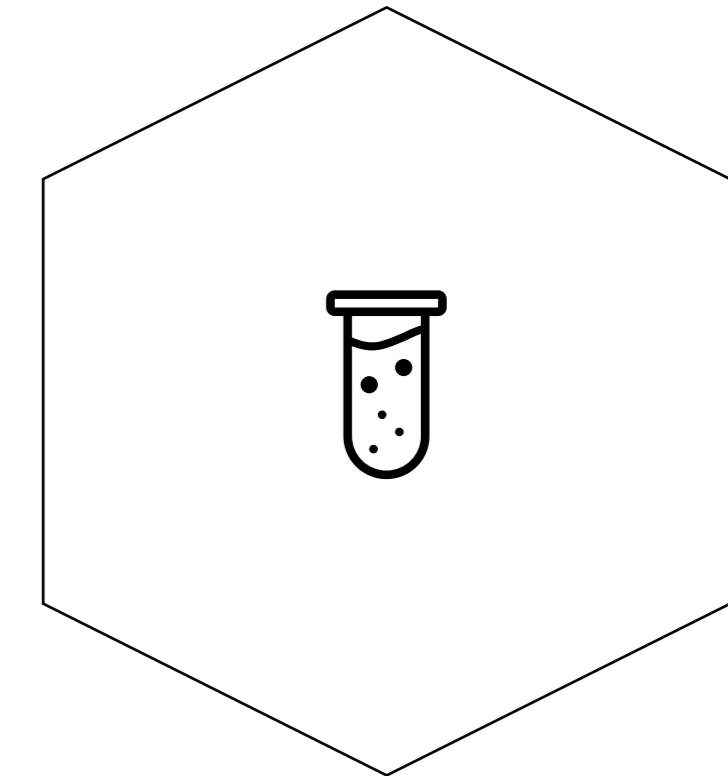
IDEATE

Idea generation. Provides both the fuel and also the source material for building prototypes



PROTOTYPE

This is where we build our way forward - quickly working through ideas, failing and iterating to get the data we need for the next prototype.



TEST

An experience of shadowing someone, taking an internship, interviewing people in the field, etc. It's an iterative process, trying something, gathering feedback and refining, iterating or trying something new.

THE 5 MIND-SETS



REFRAMING

Step back to examine assumptions that have you stuck and unable to move forward. Reframe beliefs to get unstuck.



CURIOSITY

Invites exploration and keeps us open to possibilities. Get good at being lucky – there are opportunities everywhere!



RADICAL COLLABORATION

You are not alone. Design is a collaborative process and some of the best ideas may come from other people. Ask for help!



MINDFULNESS OF PROCESS

An important part of the process is to let go of the end goal and get messy – experimenting with new ideas for your life.

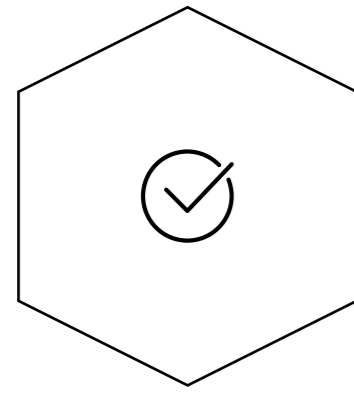


BIAS TOWARD ACTION

Try stuff, test it out, learn from failure and focus on what happens next – not the final result.



REFRAMING



ACCEPT

REFRAMING



CHAT



YOU HAVE TO FOLLOW YOUR PASSION

Passion is not a driving force; it's an outcome.



THERE IS ONE BEST LIFE

I need a lot of ideas so that I can explore any number of possibilities for my future.



YOU SHOULD KNOW BY NOW

It's never too late to design a life I love.

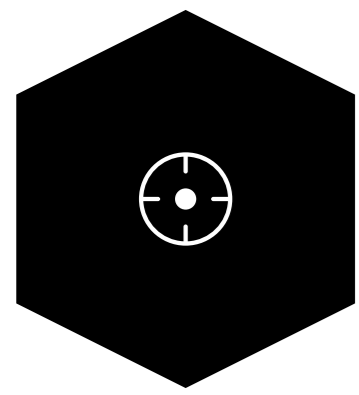


REFRAMING

REFRAMING

- **MY DREAM JOB IS WAITING**
I design my dream job through a process of curiosity and prototyping.
- **MY DEGREE DETERMINES MY CAREER**
Many possibilities exist if I think about the challenges I want to work on vs. the jobs I want to have.
- **THERE ARE NO JOBS FOR PEOPLE WITH MY DEGREE**
The value of my degree extends far beyond the subject matter I studied.





DEFINE



REFRAMING



CURIOSITY

What does my degree prepare me for?

How can I use my degree to work on interesting challenges, problems, and opportunities?



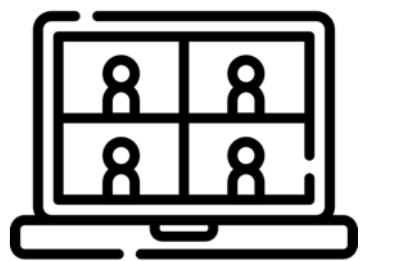
What are unique career paths that fit with my degree?

Where can I use the skills & expertise I have developed?





PRE-WORK
+ FILES



BREAKOUTS

YOUR WORKVIEW

EACH PARTICIPANT READS THEIR
WORKVIEW – JUST READ IT!

LISTENERS CAPTURE:

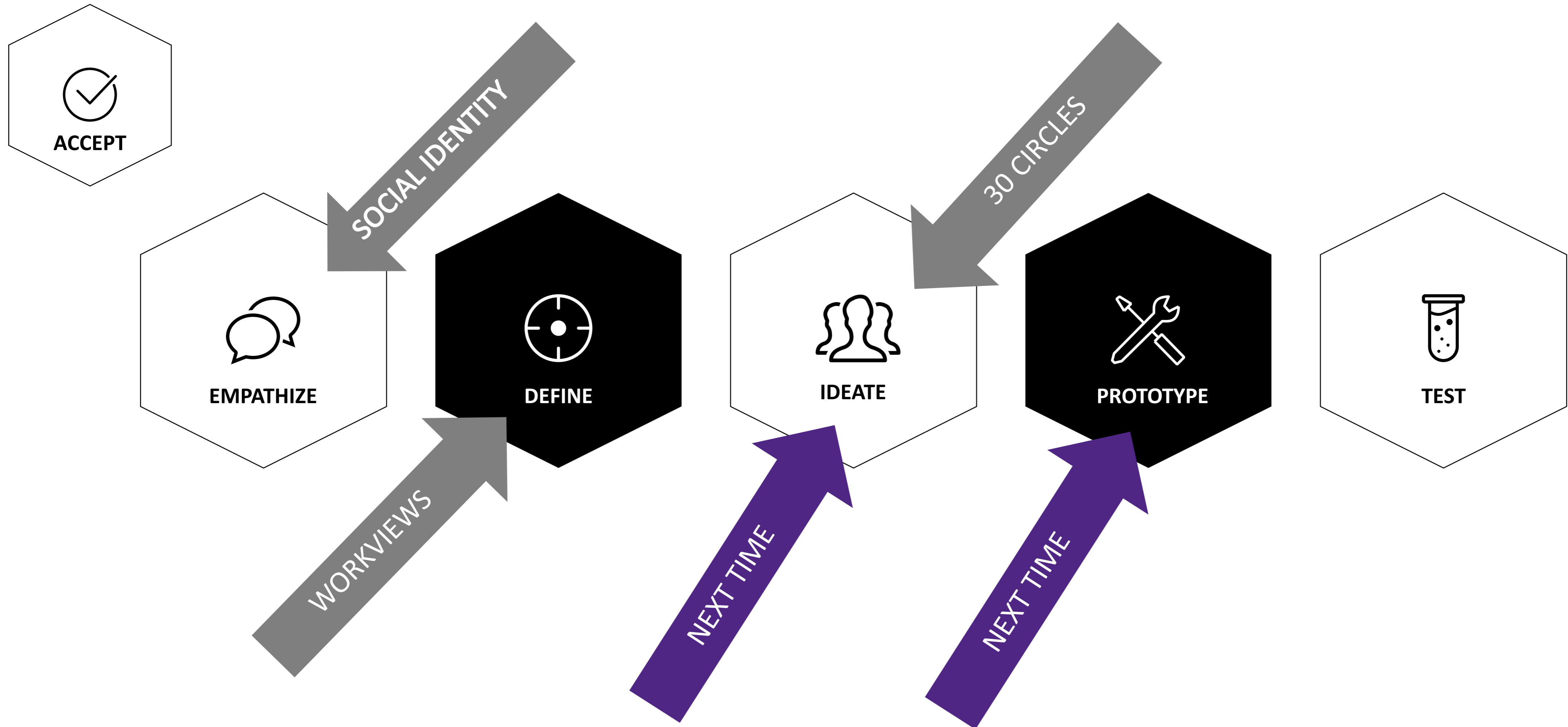
1. What stood out to you about the workview?
2. When did the reader seem most authentic, joyful, and/or passionate?

MARKETPLACE REALITY #1

UNICORN HUNTING



DESIGN THINKING PROCESS

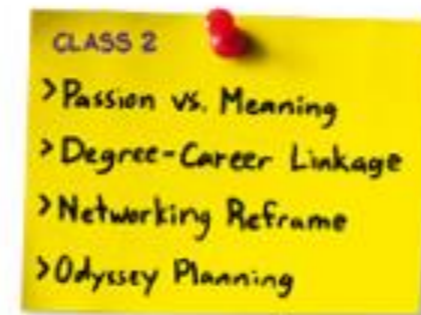


Life Design-Resource Hub

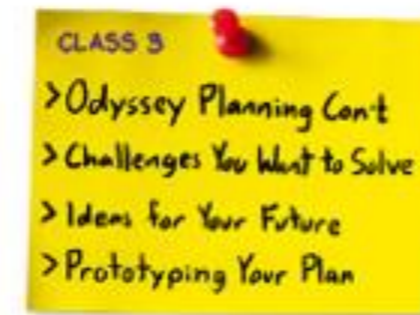
MASTERCLASS ASSIGNMENTS



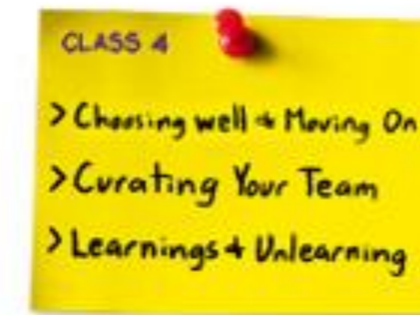
- Class 1 Recording**
Introduction: You Are Here
- > Read: 3 Reasons it's so hard to follow your passion
 - > Reflect: Workview reflection exercise
 - > Optional Watch: What makes us feel good about our work
 - > Social Identity Reflection Grid
 - > 30 Circles page
 - > Breakout Room Guide



- Class 2 Recording**
Marketplace Realities
- > Read: What are you going to do with that?
 - > Optional Read: Reclaim your Creative Confidence
 - > Reflect: Worldview reflection exercise
 - > Complete: Digital Challenge Card Assessment
Click **Sign up**. Create a **Student** account.
Insert Western's unique **code**: WesternU
 - > Breakout Room Guide



- Class 3 Recording**
Ideation and Radical Collaboration
- > Read: Making the Connection
 - > Read: Networking and Informational Interviewing
 - > Complete: Odyssey Planning Exercise
 - > Optional Read: How to Persuade Anyone of Anything is 10 Seconds
 - > Optional Read: The Right Way to Ask "Can I pick your brain?"
 - > Breakout Room Guide



- Class 4 Recording**
A Well-Designed Life
- > Complete: Prototype
 - > Read: The advantages of closing a few doors
 - > Read: The Quest for the Best
 - > Optional: Meaning is healthier than happiness
 - > Breakout Room Guide

QUESTION BOARD



Do you have questions? Add them to our community question board by clicking the Questions post-it. If you see your question already posted, like it! Your instructors and facilitators will spend time over the course of the next 4 classes addressing these questions and posting additional resources

WORKview BOARD



WORLDview BOARD



CHALLENGE BOARD



ADDITIONAL RESOURCES

BEFORE NEXT TIME



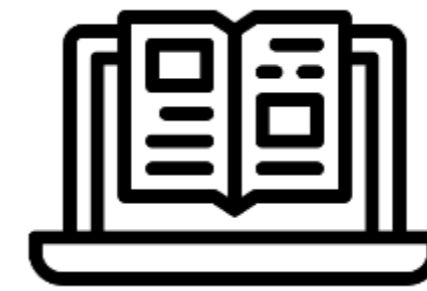
WRITE

Your
Worldview
(150 words)



COMPLETE

Challenge Card
Assessment



READ

What are you going
to do with that?

OPTIONAL READ: Reclaim Your Creative Confidence