Introduction: You Are Here

A 4-Session Virtual Masterclass
Powered by Western Alumni and Careers & Experience
A company is an association or collection of individuals, whether natural persons, legal persons, or a mixture of both.
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.
Please stay muted in the main room.

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

Our team is here to answer your questions.

To take the pulse of the group.

To better understand your experiences and opinions.

Other participation tools: Poll Everywhere + Padlet

How you will participate and build community.

You can turn this off and on, as required.
MEET THE TEAM

S A R A H  D A W S O N  
Alumni Relations & Development

D A V I D  F E E N E Y  
Careers & Experience

S T E P H A N I E  H A Y N E  B E A T T Y  
Careers & Experience

H E A T H E R  W A K E L Y  
Careers & Experience

J E F F  W A T S O N  
Careers & Experience

S T E V E  A R S E N A U L T  
Alumni Relations & Development

C A M  M A L T H A N E R  
Careers & Experience

K A T E  P L A C I D E  
Careers & Experience
Bill Burnett & Dave Evans’ work

&

Stanford University
Designing Your Life course
A company is an association or collection of individuals, whether natural persons, legal persons, or a mixture of both.
NOW IT’S TIME TO...

DO SOMETHING!
EXERCISE: 30 Circles

Directions

Turn your sheet of 30 circles into something.
You will have 3 minutes.
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

OUTSIDE THE CIRCLE

TWO CIRCLES

SOLID OBJECTS

MULTIPLE CIRCLES

CIRCLES AS TEXTURE

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GO
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!”
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

(c) 2017 Bill Burnett, Dave Evans and Stanford University.
SOCIAL IDENTITY REFLECTION
# SOCIAL IDENTITY REFLECTION

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<th>Social Identity</th>
<th>Group Membership</th>
<th>You are very aware of</th>
<th>Think about infrequently, if at all</th>
<th>Discomfort / Comfort with expressing this identity (-3 to +3)</th>
<th>Lacks / holds privilege in your context (-3 to +3)</th>
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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

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?
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.
A company is an association or collection of individuals, whether natural persons, legal persons, or a mixture of both.
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.

ENGINEERING
Solve your way forward

BUSINESS
Optimize your way forward

RESEARCH
Analyze your way forward

DESIGN
Build your way forward

DESIGN THINKING is ...

... a good approach to WICKED PROBLEMS

- LIFE
- VOCATIONAL WAYFINDING
- EDUCATION
DESIGN THINKING PROCESS

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.

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REFRAMING

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

- **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.
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?
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

EMPATHIZE

DEFINE

IDEATE

PROTOTYPE

TEST

ACCEPT

SOCIAL IDENTITY

30 CIRCLES

WORKVIEWS

NEXT TIME

NEXT TIME

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Life Design-Resource Hub

MASTERCLASS ASSIGNMENTS

Class 1 Recording
Introduction: You Are Here
- Read: 3 Reasons it’s 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: Rediscovering Creative Confidence
- Reflect: Workview 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
Identity and Radical Collaboration
- Read: Making the Connection
- Read: Networking and Informational Interviewing
- Complete: Odyssey Planning Exercise
- 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: Mapping 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
B E F O R E
N E X T  T I M E

WRITE
Your Worldview
(150 words)

COMPLETE
Challenge Card Assessment

READ
What are you going to do with that?

OPTIONAL READ: Reclaim Your Creative Confidence