Graduate Students | Design Thinking: Reframing Your 5 Year Plan

UNIVERSITY OF FLORIDA
CAREER CONNECTIONS CENTER
Today's Agenda

- Develop an awareness of design thinking as a framework for career decision-making
- Craft your Workview and Lifview
- Cultivate empathy for your future self through the Odyssey Plan
Meet Your Facilitator

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What is design thinking?

• A human centered approach for creative problem solving
• Enables you to build coherence between who you are, what you believe, and what you are doing
Core Tenets of Design Thinking

Curiosity not passion
Self empathy
Reframe assumptions and problems
Bias towards action

Try things
Career is a process
“Radical Collaboration”

(Burnett & Evans, 2016, p. xxxi)
Stages of Design Thinking

Empathize
- What is your why?

Define
- Wayfinding
- What is your career “problem?”

Ideate
- What if?

Prototyping/Testing
- Take action
- Adjust as necessary
Empathize: What is Your Why?

- How do you describe yourself?
- Why work?
- Does your current plan compliment your lifestyle?
- How does work align with your personal and professional values?
More on Work Values

- Work values are unique to everyone
- They can be uncovered by identifying what is non-negotiable to you

- **Intrinsic work values**: intangibles that keep you energized and engaged at work – these align with your purpose

- **Extrinsic work values**: tangible conditions or benefits provided by an organization

- **Lifestyle values**: relate to your long-term goals and satisfaction outside of work
Define: What is Your Career “Problem?”

• Why work?
• Is there coherence between your life and your current work plan?
• How do you define meaningful work?
• Do you feel stuck?
• What is your career hypothesis right now versus when you started your program?
Ideation: The Odyssey Plan

- Reframing your 5-year plan
- You are going to create three **entirely different versions** of the next 5 years, it will contain:
  1. A visual timeline
  2. Title
  3. Questions to test your assumptions and what you need to research
  4. Completion of a dashboard that measures factors for consideration
- You are designing what is your next possibility not the rest of your life

(Burnett & Evans, 2016)
Filling Out Your Dashboard

1. **Timeline**: personal and professional events and goals

2. **6 Word Title**: captures the vibe of this path – what it makes you feel

3. **Gauges:**
   - Resources: time, money, skills to make the plan happen
   - Likability: how energized and excited this plan makes you feel
   - Confidence: do you think you can make it happen?
   - Coherence: does this plan make sense within the context of your life factors?

4. **Questions**: What questions are brought to the surface completing this plan?

(Burnett & Evans, 2016)
Life One

What you are currently heading towards

(ALTERNATIVE PLAN # ___)

0 1 2 3 4 5

RESOURCES I LIKE IT

0 100

CONFIDENCE COHERENCE

0 100

6-word title: ____________________________

Questions this plan addresses:

__________________________

__________________________

__________________________

(Burnett & Evans, 2016, p.99); also, here (https://designingyour.life/wp-content/)
Life One Dashboard

- **Resources (0 to 100)**: do you have the time, money, energy, knowledge and connections to make this happen?
- **Likeability (Cold to Hot)**: how does this plan make you feel?
- **Confidence (Empty to Full)**: how do you feel about the likelihood of your ability to make this happen?
- **Coherence (0 to 100)**: how does this align with your lifestyle and purpose?

(Burnett & Evans, 2016)
Life One Questions

• Write three questions does this option bring up for you?
Life Two

What would you do if Life 1 was no longer an option?
Life Two Dashboard

• **Resources (0 to 100):** do you have the time, money, energy, knowledge and connections to make this happen?

• **Likeability (Cold to Hot):** how does this plan make you feel?

• **Confidence (Empty to Full):** how do you feel about the likelihood of your ability to make this happen?

• **Coherence (0 to 100):** how does this align with your lifestyle and purpose?

(Burnett & Evans, 2016)
Life Two Questions

- Write three questions does this option bring up for you?
Life Three

What would you do if you knew you could make enough money and social judgement wasn’t a factor?

(Burnett & Evans, 2016, p.99); also, here (https://designingyour.life/wp-content/)
Life Three Dashboard

- **Resources (0 to 100)**: do you have the time, money, energy, knowledge and connections to make this happen?
- **Likeability (Cold to Hot)**: how does this plan make you feel?
- **Confidence (Empty to Full)**: how do you feel about the likelihood of your ability to make this happen?
- **Coherence (0 to 100)**: how does this align with your lifestyle and purpose?

(Burnett & Evans, 2016)
Life Three Questions

• Write three questions does this option bring up for you?

(Burnett & Evans, 2016)
Small Group Discussion Vote
Debrief

• Are there common threads or themes amongst all your plans
• How do the three questions from each of your plans inform your prototyping
  • What questions do you need to ask?
  • What personal and professional connections do you need to make?
  • What experiences do you need to plan for?
• How are you feeling?