

# Graduate Students | Design Thinking: Reframing Your 5 Year Plan

UNIVERSITY OF FLORIDA  
CAREER CONNECTIONS CENTER



# Meet Your Facilitator



**Jaime Harsell, She/Her**

Senior Assistant Director for Career Engagement  
PhD Candidate, Higher Education Administration & Policy  
[Jharsell@ufsa.ufl.edu](mailto:Jharsell@ufsa.ufl.edu)

# Today's Agenda

Develop an awareness of design thinking as a framework for career decision-making

Craft Your Workview and Lifeview

Cultivate Empathy for Your Future Self Through the Odyssey Plan





LinkedIn

15,545,401 followers

2d • 🌐

+ Follow

Remember: career paths are different for everyone.

The way people think it looks:



How it can also look:

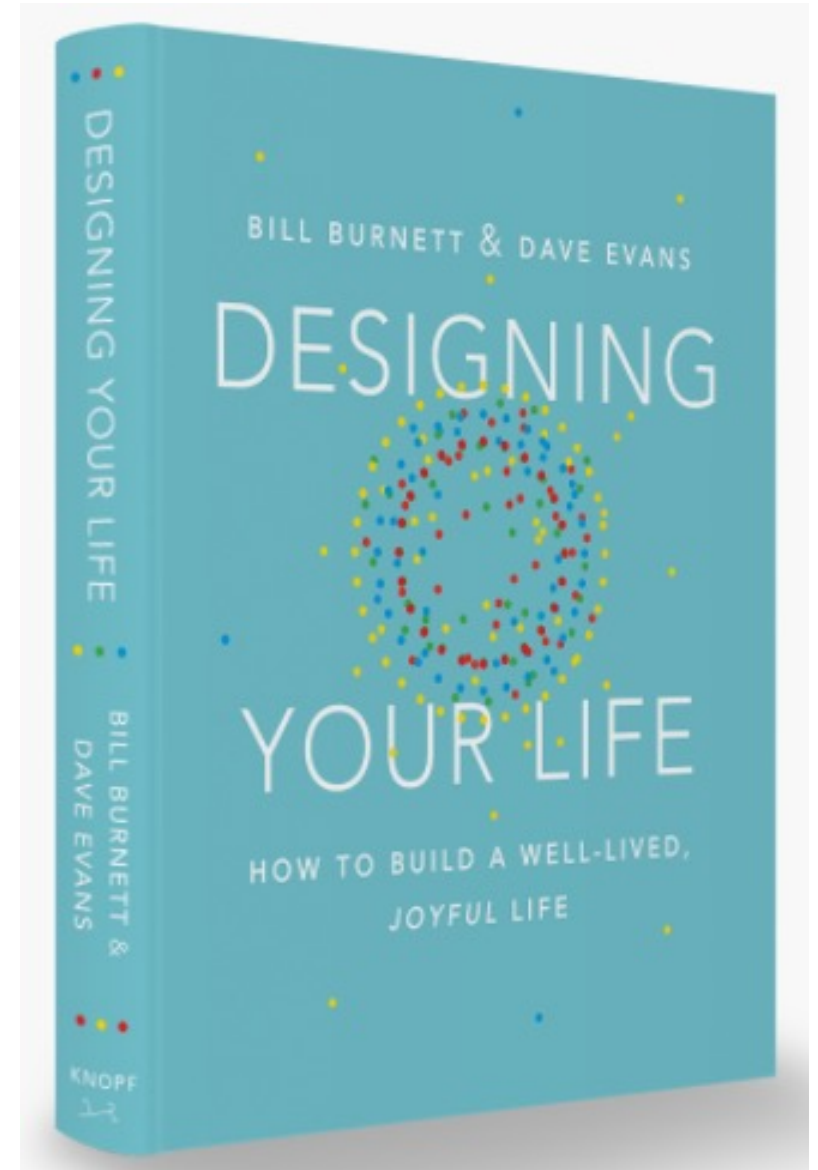


# Why Design Thinking?

# 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

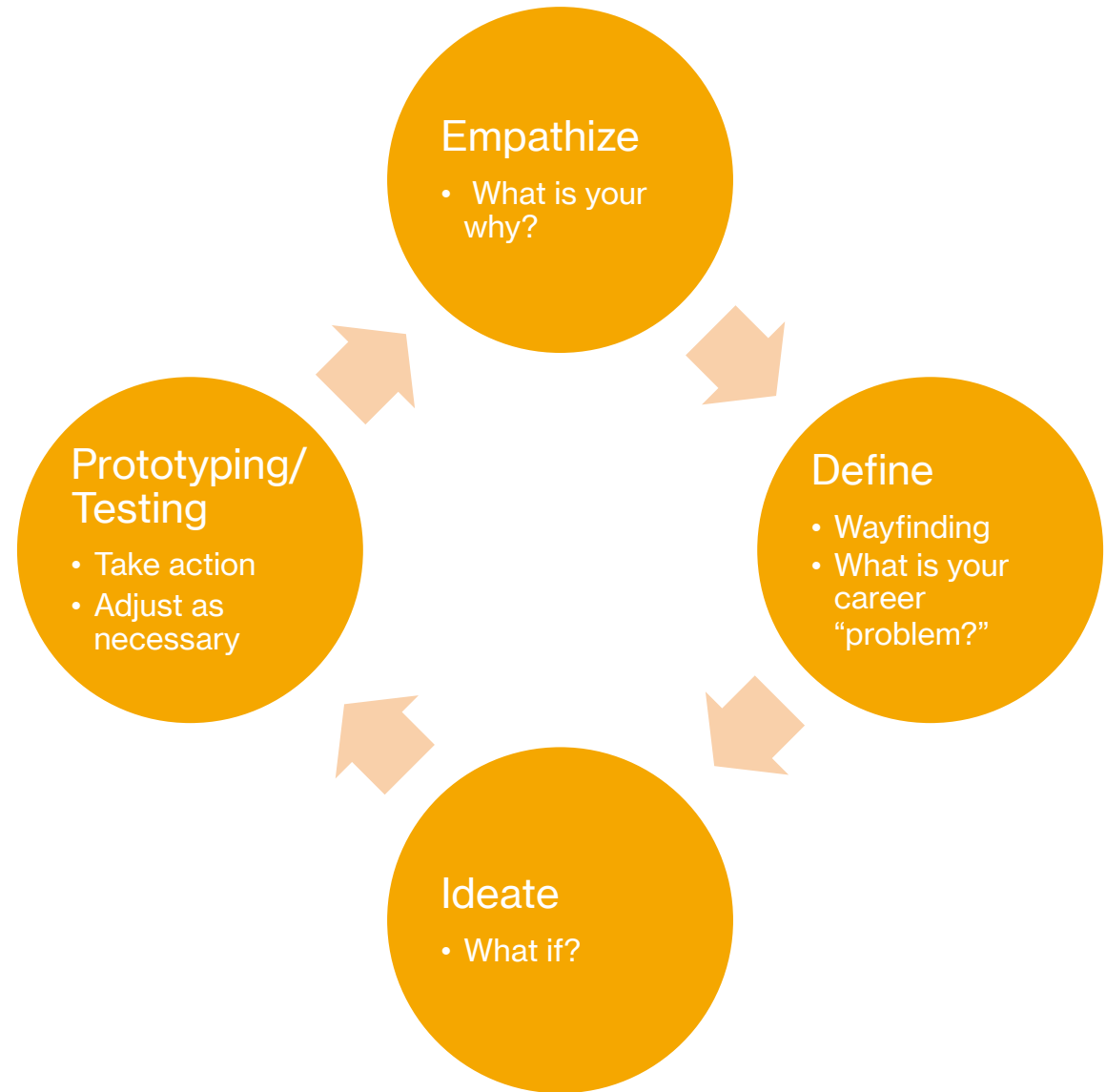
Bias towards  
action

Try things

Career is a  
process

“Radical  
Collaboration”

# Stages of Design Thinking





## 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 in the context of work or things you have identified as incompatible with your sense of self and core values
- **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

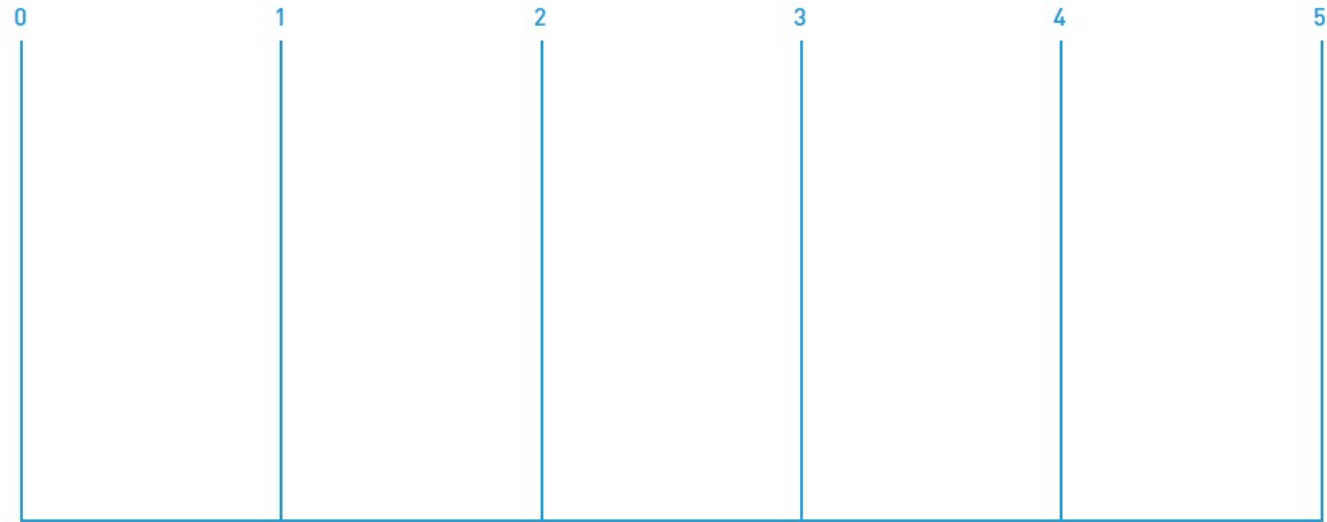
---

- 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

# Life One

What you are currently  
heading towards

ALTERNATIVE PLAN # \_\_\_\_\_



RESOURCES



I LIKE IT



6-word title: \_\_\_\_\_

Questions this plan addresses:

---

---

---

CONFIDENCE



COHERENCE





# 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?



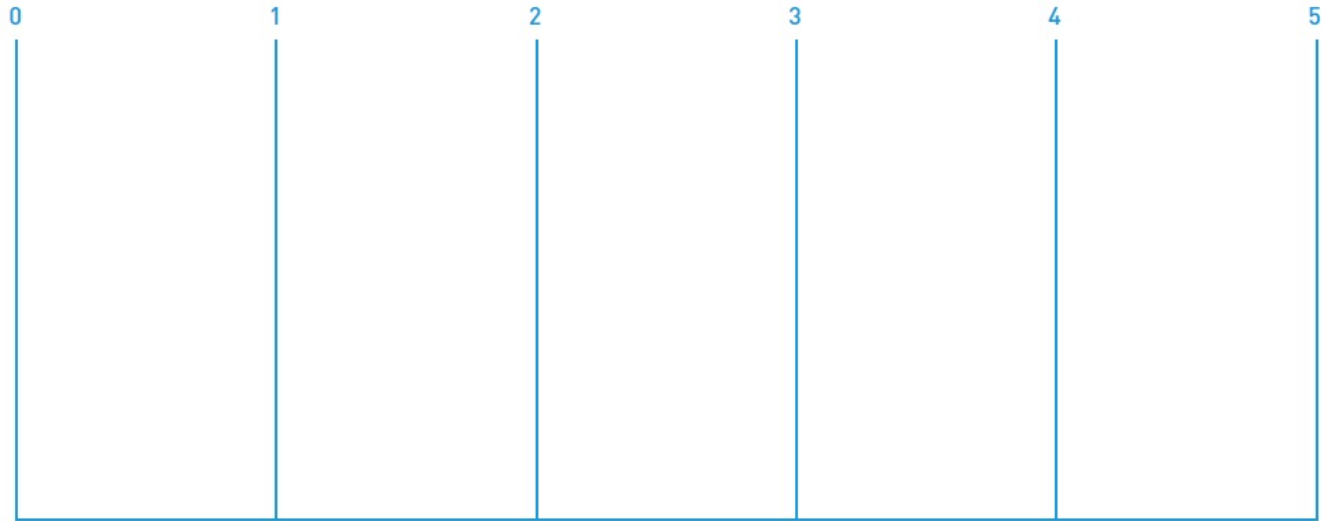
# Life One Questions

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

# Life Two

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

ALTERNATIVE PLAN # \_\_\_\_\_



RESOURCES



I LIKE IT



6-word title: \_\_\_\_\_

Questions this plan addresses:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CONFIDENCE



COHERENCE





# 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?





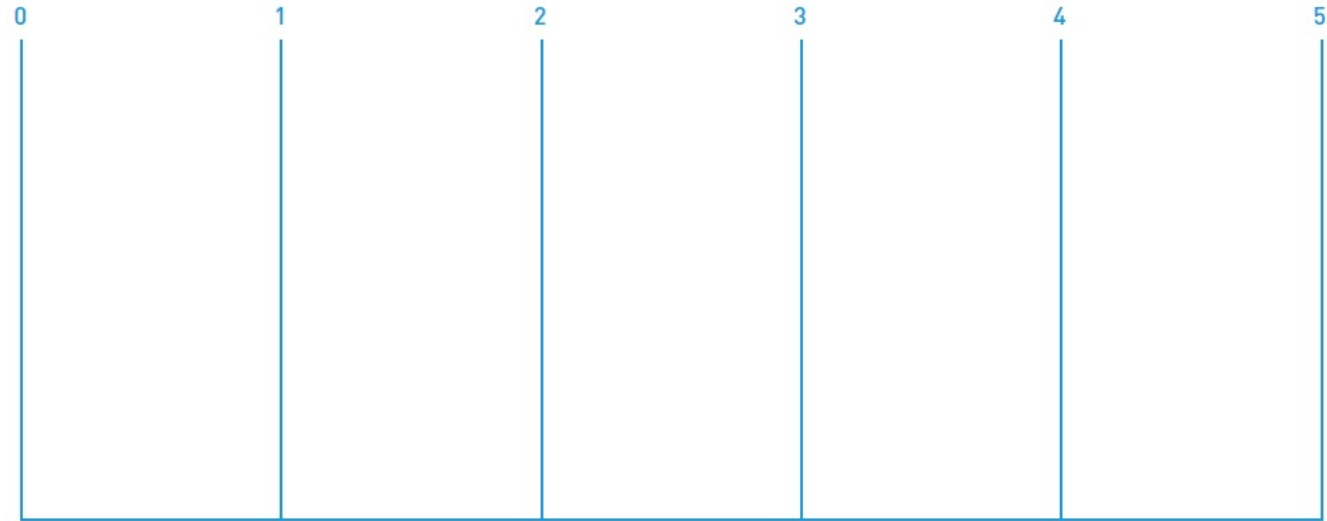
# Life Two Questions

- 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?

ALTERNATIVE PLAN # \_\_\_\_\_



RESOURCES



I LIKE IT



CONFIDENCE



COHERENCE



6-word title: \_\_\_\_\_

Questions this plan addresses:

---

---

---



# 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?

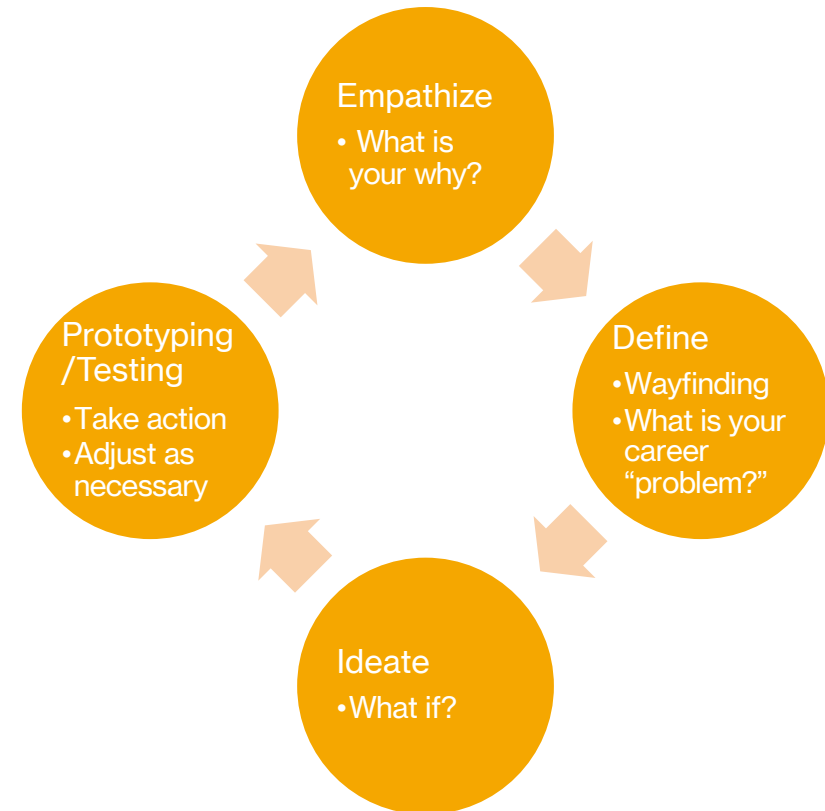


# Life Three Questions

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

# 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 connects do you need to make?
  - What experiences do you need to plan for?
- How are you feeling?



# Thank You! Questions?

[Jharsell@ufsa.ufl.edu](mailto:Jharsell@ufsa.ufl.edu)

