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
Today's Agenda

- Develop an awareness of design thinking as a framework for career decision-making
- Craft Your Workview and Lifeset
- Cultivate Empathy for Your Future Self Through the Odyssey Plan
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"

(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 complement 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

(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 COLD HOT

CONFIDENCE COHERENCE

EMPTY FULL 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?

(Burnett & Evans, 2016)
Life Two

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

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

(Burnett & Evans, 2016)
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)
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