Designing Your Life

Objective
You will expose students to the concept that a life design is more than career planning, and that students can anticipate and prepare for inevitable changes to their life plan.

Description
This lesson can be accomplished in two ways:

1. Optional Supplemental Workshop: In this compelling half-hour workshop, Career Services debunks some myths about academic major choice and career/life planning. You and your students will practice using five design mindsets by: being curious, prototyping, reframing setbacks, expanding awareness, and building a support network. Based on a course offered at Stanford, these design mindsets, as used in career/life planning, are proven to help students design a life that works for them at each stage of their career.
   Source: Designing Your Life, How to Build a Well-Lived, Joyful Life, Bill Burnett & Dave Evans

2. Class Discussion: Lead your class in a discussion about the importance of designing a life and selecting a career path that fits that life.

Instructional Time: 30 minutes
Required Assignment: NO
Points: 20

Relation to the Big Questions

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Lesson Plan
1. Sign up for the workshop. –OR–
2. Prepare a discussion about how you have designed your life and how your career fits into your life design.
   Invite your students to share examples from the lives of parents, siblings, mentors, and others who have been purposeful in designing their lives.

Materials and Resources:
- Workshop: How to use design thinking to figure out, “What you want to be when you grow up.”
- Designing Your Life, How to Build a Well-Lived, Joyful Life, Bill Burnett & Dave Evans
- “Want to Find Fulfillment at Last? Think Like a Designer” You’re your Times 09/18/2016
Make a Connection:

1. Read the first paragraph in chapter 2 of *Becoming a Learner*. In what way does designing your life influence the way you approach your education?

   Referring to the Prologue of *When Breath Becomes Air*, discuss how Paul and Lucy Kalanithi designed their lives and what struggles they worked through when their careers seemed to take over their lives during residency. How did facing illness and even death change the way they viewed their life design?