Designing Your Life

ME104B

Stanford Design Program
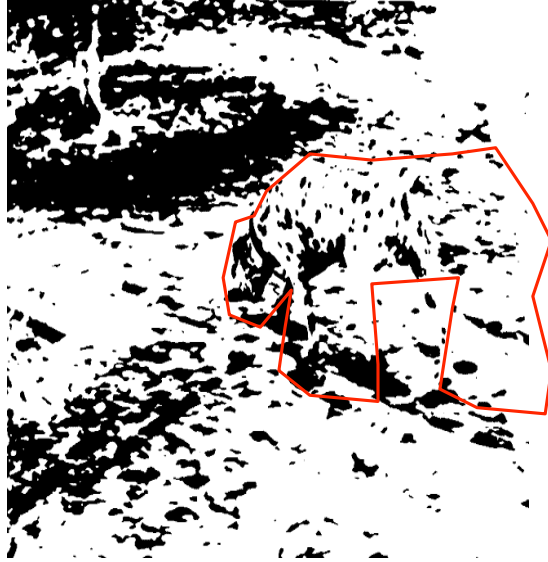
Bill Burnett & Dave Evans

(and some fantastic facilitators)

exercise: I know it when…
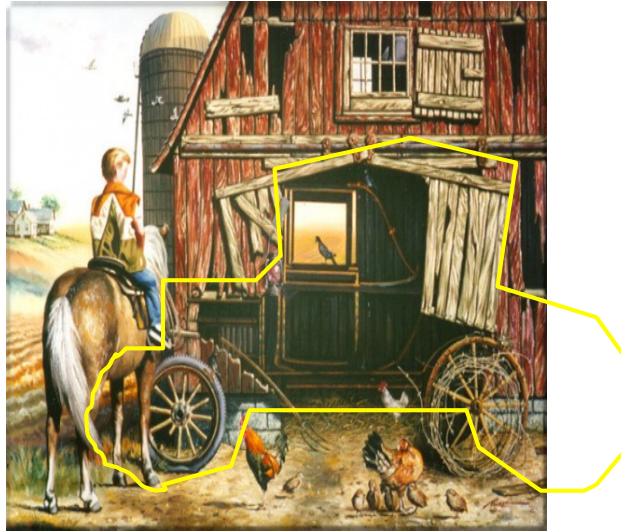
what do
you see?

a Dalmatian

what do
you see?

an old car

where's Waldo?

where's Waldo?

where's Waldo?

where's Waldo?

debrief

- How are the ink dot puzzles different from the "where's Waldo?"

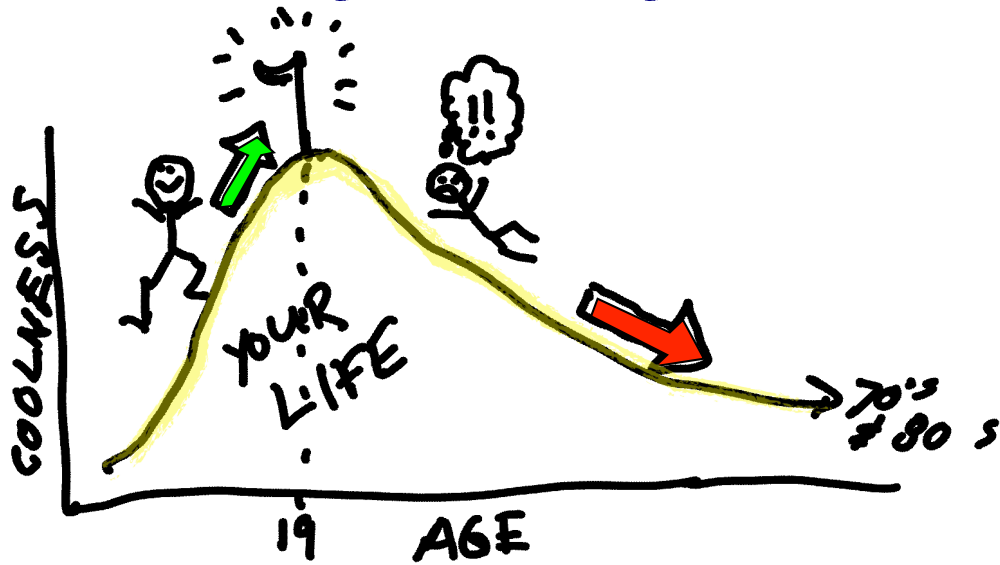- Which is more like finding your place in the world?

remember arriving…

… after you got into college,

what did everyone say to you?

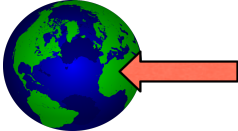*"Oh how wonderful! These are …*

… the best years of your life!"

what does this sound like on campus?

A seminar designed to…

Integrate your [Stanford University diploma] with your [person on mountain]

Provide [hammer and saw] and a [tools] to help build it

Position you [globe] ← You are here!

Develop lifelong practices [Good Habits / Bad Habits sign]

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a different kind of course description

what's going on?

what's going on?

what's
going on?

NY Times
Magazine
8.22.10

what's
going on?

what's going on?

THE AGE OF *Independence*

Interracial Unions, Same-Sex Unions, and the Changing American Family

MICHAEL J. ROSENFELD
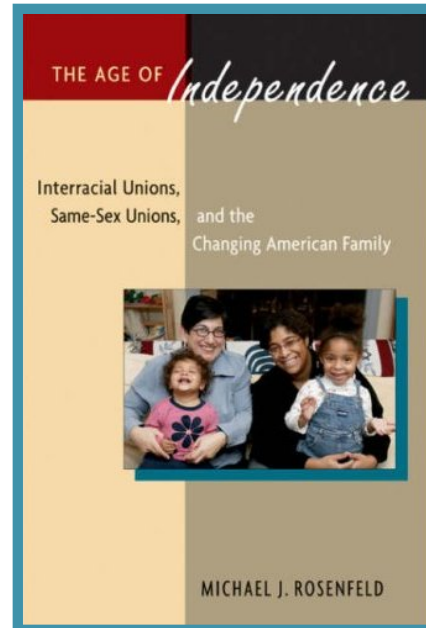
What's going on?

> And your distress is deepened by an old idea that, if you did things <u>right</u>, you would have everything <u>settled</u> once and for all by <u>twenty-five</u> or so.

More than 250,000 copies sold

Making Sense of Life's Changes

Transitions

William Bridges

Life's Seasons (stage theory)

THE TEN YEAR SHIFT:
COMPARING LIFE IN THE **50'S** ▮ AND THE **90'S** ▮

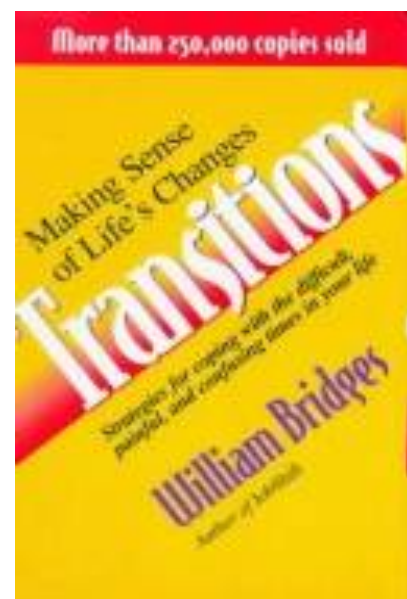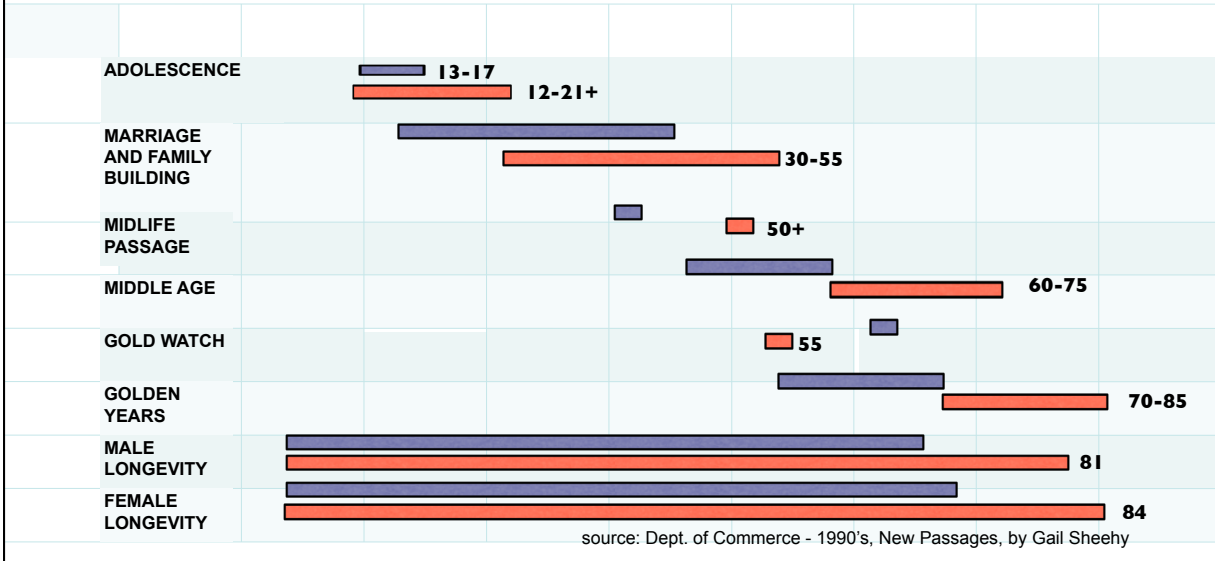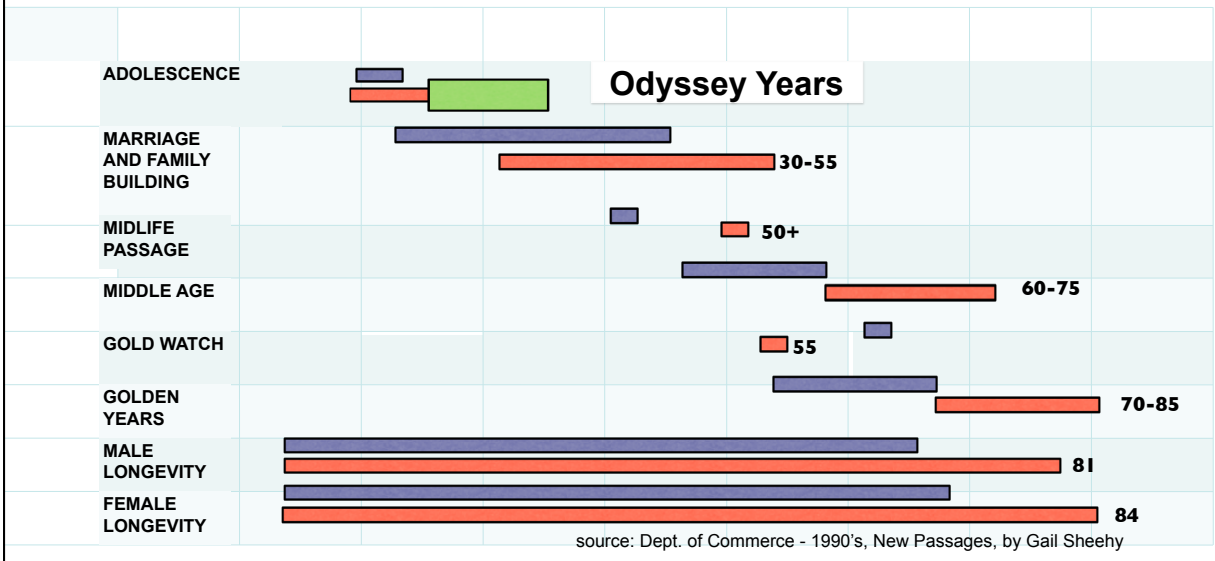|	
ADOLESCENCE	13-17 / 12-21+
MARRIAGE AND FAMILY BUILDING	30-55
MIDLIFE PASSAGE	50+
MIDDLE AGE	60-75
GOLD WATCH	55
GOLDEN YEARS	70-85
MALE LONGEVITY	81
FEMALE LONGEVITY	84

source: Dept. of Commerce - 1990's, New Passages, by Gail Sheehy

Life's Seasons (stage theory)

THE TEN YEAR SHIFT:
COMPARING LIFE IN THE **50'S** ▮ AND THE **90'S** ▮

ADOLESCENCE	**Odyssey Years**
MARRIAGE AND FAMILY BUILDING	30-55
MIDLIFE PASSAGE	50+
MIDDLE AGE	60-75
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Life's Seasons (stage theory)

THE TEN YEAR SHIFT:
COMPARING LIFE IN THE **50'S** ☐ AND THE **90'S** ☐

ADOLESCENCE	**Odyssey Years**
MARRIAGE AND FAMILY BUILDING	30-55
MIDLIFE PASSAGE	50+
MIDDLE AGE	60-75
GOLD WATCH	Career #1
GOLDEN YEARS	Encore Career · 70-85
MALE LONGEVITY	81
FEMALE LONGEVITY	84

source: Dept. of Commerce - 1990's, New Passages, by Gail Sheehy

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Whats'
going on?

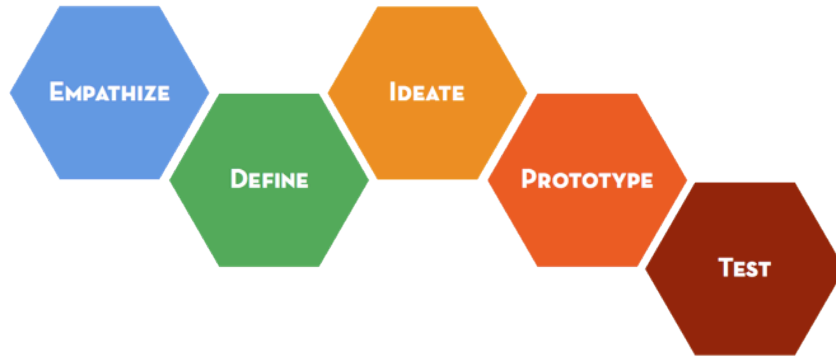George Valliant

Grant Study

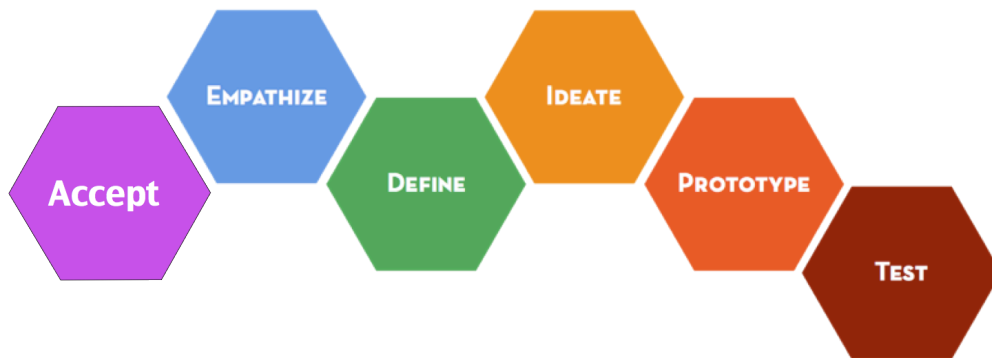Welcome to your **Odyssey Years !**

Take the adventure in hand and head out !
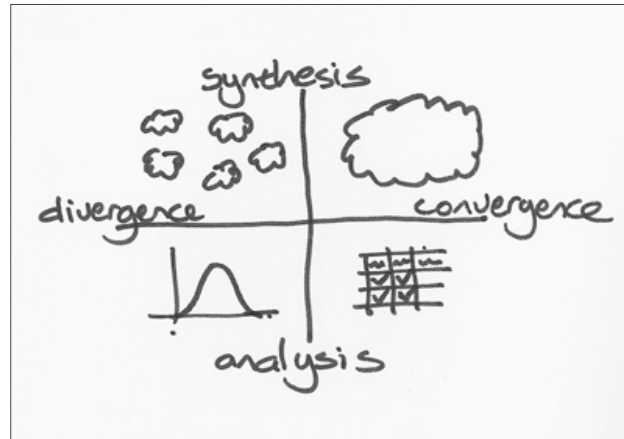
what is design thinking?

a process

design thinking?

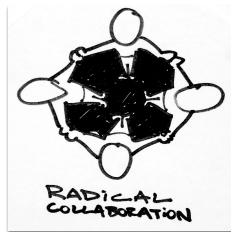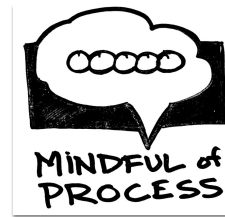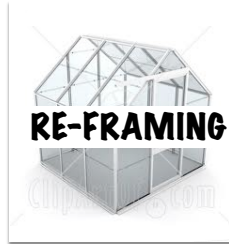a process

what is design thinking?

an integrative methodology

a way of seeing things differently

what is design thinking?

RE-FRAMING

? CURIOSITY

MINDFUL of PROCESS

RADICAL COLLABORATION

point of view

BIAS TOWARD ACTION

what is design thinking?

a good approach
to wicked problems – like designing your life

Major-Career Linkage

OUTBOUND

COLLEGE
PET. ENGR → OIL BIZ.
CHEM ENGR → CHEMICAL CO.
PSYCH → COUNSELOR
ENGLISH → TEACHER/JOURNALIST
BUSINESS → MBA
ANIMAL ECOLOGY → VET
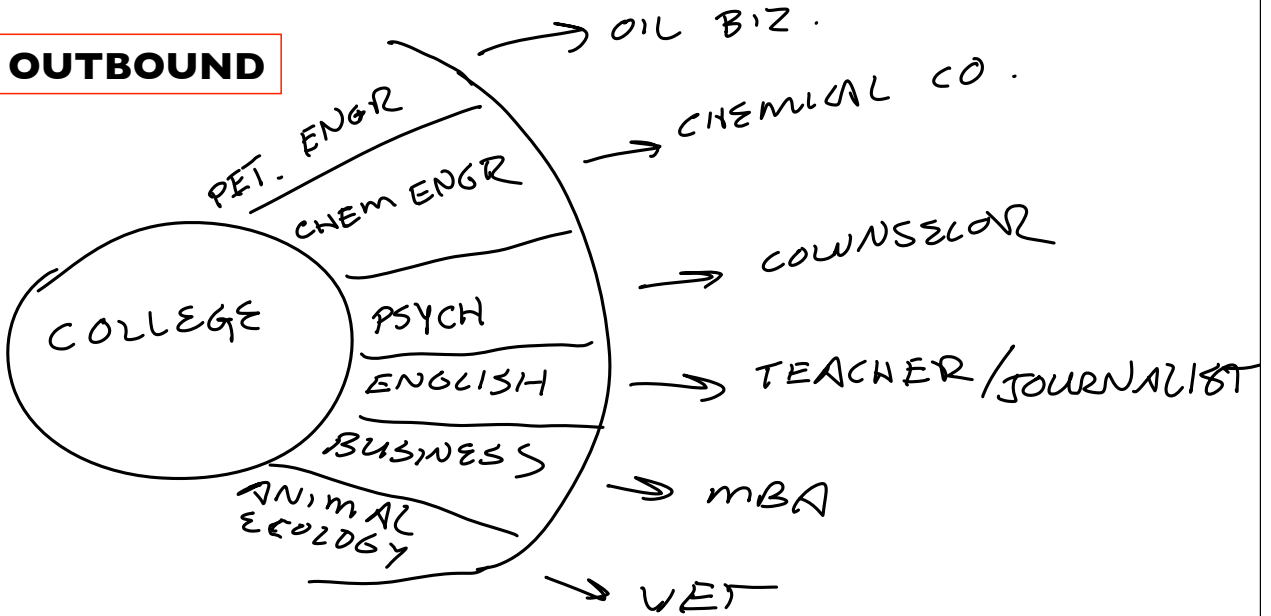
Major-Career Linkage

INBOUND

FUELS RSCH
SALES
CUSTOMER SERVICE
WOMEN'S EMPOWERMENT
LABOR UNIONS
RETAIL
INSURANCE

HISTORY MATH
SOCIOL.
ENGLISH
PSYCH
PET ENGR
COLLEGE

Major-Career Linkage

💡 mind mapping

- start with the topic you wish to map and write its name in the center of your page
- from this point draw a line and write down the first thing that comes to mind
- do this 4-7 times from the center point
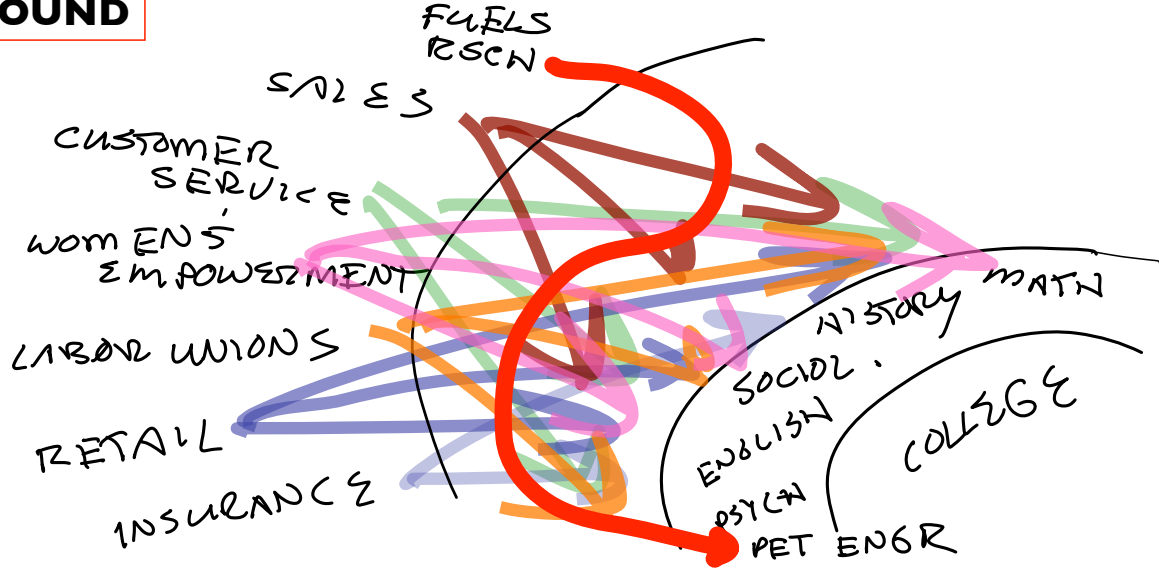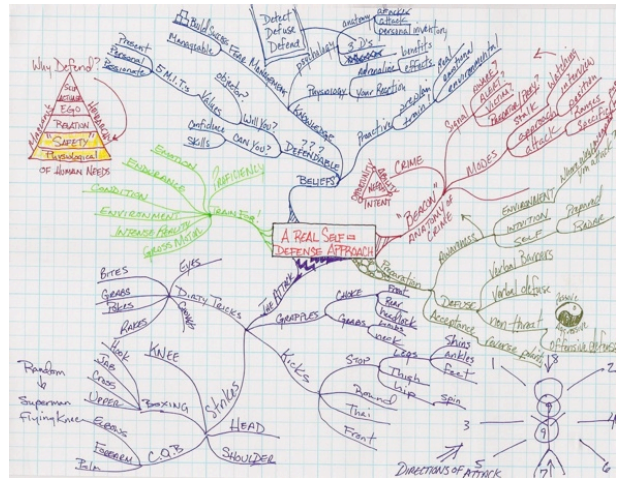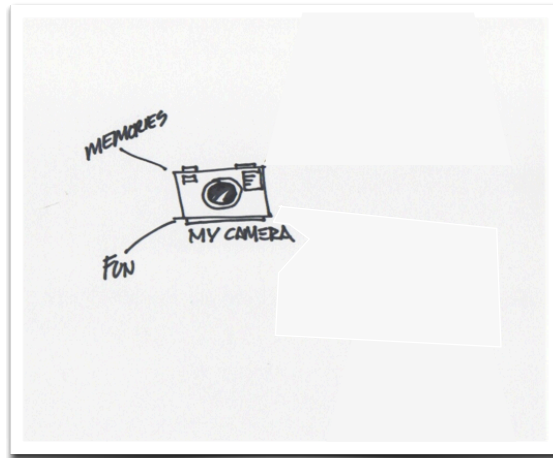- from each of these topics draw a line and write down the first thing that comes to mind
- do this 3-5 times from each topic
- from each of these…continue as instructed above.
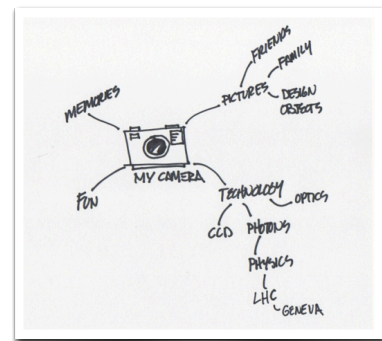
exercise #3

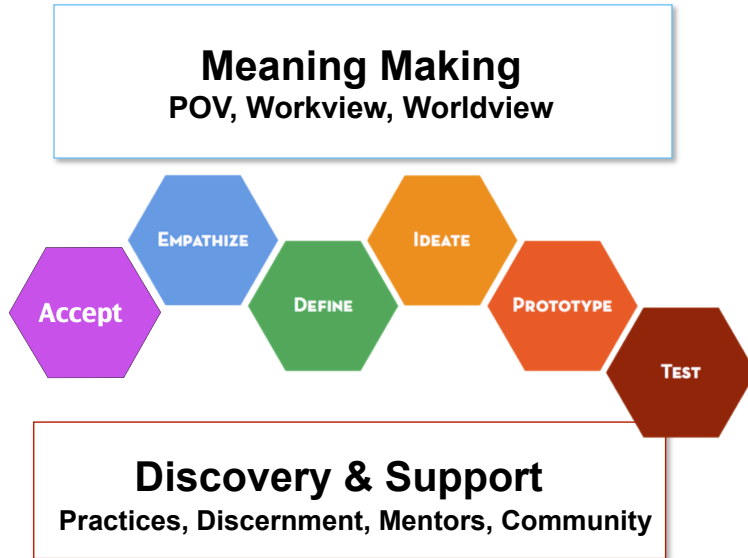• make a mind map about your digital camera

design problem:

• Create a new kind of digital camera.

  • combine 2+ things from periphery of your mind map

  • use an unusual combination of things

  • your invention has to be novel, but it need not be practical

  • your invention should be useful to someone

• Deliverable: A 60 second description of your invention

course - framework

Meaning Making
POV, Workview, Worldview

EMPATHIZE

IDEATE

Accept

DEFINE

PROTOTYPE

TEST

Discovery & Support
Practices, Discernment, Mentors, Community

---

hat do we get?

worldview

world-work integration

workview

d.thinking

odyssey years

strengths

positive psychology

networking

Meaning Making
POV, Workview, Worldview

Odyssey plans

offers vs. jobs

attending

elevator conversation

brainstorming

EMPATHIZE

IDEATE

CDC

testing

gratefulness exercise

Accept

DEFINE

PROTOTYPE

institutions & roles

TEST

flow & practices

information interviewing

IKIWISI

voice recognition

Discovery & Support
ices, Dis...ment, N... Commu...

learning unlearning

ode

mentoring

section groups

Choosing

What previous students

are saying about the course..

questions?

if we had a class like this, just for you,

what questions would it answer ?