



McGill
UNIVERSITY



THE UNIVERSITY OF BRITISH COLUMBIA
Centre for Student Involvement & Careers

Incorporating Designing Your Life into Career Development

CANNEXUS 2020

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Community Agreement

How do you go from
stuck to unstuck?

Do any of these statements resonate for you?

1. If I haven't gotten everything done, I am not succeeding.
2. I should be further along in my career.
3. I'm not _____, so I don't belong.
4. It is too late for me to _____.
5. _____ isn't part of the real work.
6. Once I have/do _____, I will be happier.
7. I don't have time to do what I really want.
8. I don't have time to build skills in other areas.
9. I don't have time to _____.
10. I'm falling behind in life.
11. I'm not accomplishing anything in comparison to my peers and people I admire.

Try reframing that belief

Examining our Beliefs

- What is honest or realistic in this belief?
- What might be keeping me stuck as a result of this belief?
- How might this belief impact or limit my actions or choices?

How to Reframe a Belief

- How might I acknowledge what is honest or realistic, while taking a new perspective on the parts that are limiting?
- Remember there are multiple possible reframes of the same belief.

What was that like?

Dysfunctional Belief: *I need to figure out my best possible life, make a plan, and then execute it.*

Reframe: *There are multiple great lives (and plans) within me, and I get to choose which one to build my way forward to next.*



Odyssey Plans

BRAINSTORM THREE ALTERNATIVE FUTURES

Brainstorm Three Alternative Futures

Plan 1: Your role /organization stay(s) as is. What does that life look like? (for the next 4-6mths)

Plan 2: Imagine that individual advising disappears. What would that life look like?

Plan 3: Everything is possible: you have the resources and support you need. What would you try?

Title

Status Quo

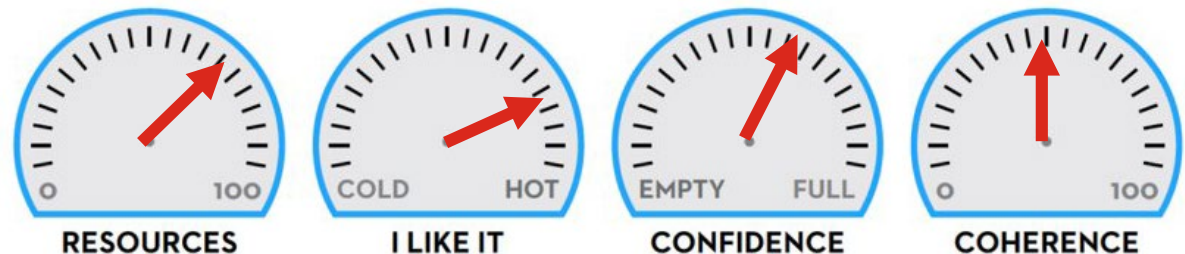
Rough Description & Timeline

- Mix of mainly counselling and workshops: I will spend 10-15 hours per week in individual appointments, and 3-5 hours prepping and delivering workshops. I would also like to:
 - pilot a Job Finding Club for international students
 - develop a collaboration with a local community organization
 - Create some new handouts for self reflection exercises.

Thoughts/Questions/Concerns I have about this idea

- I enjoy the individual meetings, but I am still nervous presenting -maybe I can get some PD for this or get mentoring from a colleague?
- I am struggling to find enough time to maintain my current workload and do new things, but I need the new things to feel engaged with my work, and to meet changing needs of clients.

Dashboard



Discuss

PERSON 1: Share your plan(s)

- Describe the plan, your questions and your dashboard.

PERSON 2: Reflect back:

- What themes do you notice in the plan(s)?
- Where the other person seems most excited
- What you think the person might learn if they actually tried any elements of their plan(s)



Look over your Odyssey Plan(s)

WHAT ARE SOME IDEAS THAT YOU ARE EXCITED ABOUT?
WHAT MIGHT YOU LIKE TO EXPLORE?

Ideaboard

Pick one idea from your Odyssey Plans and come up with your experiment question.

Example: Chinchilla Farming

Bad Questions:

- X Should I really do it?
- X What equipment will I need?
- X How could I get a chinchilla farm?

Good Question:

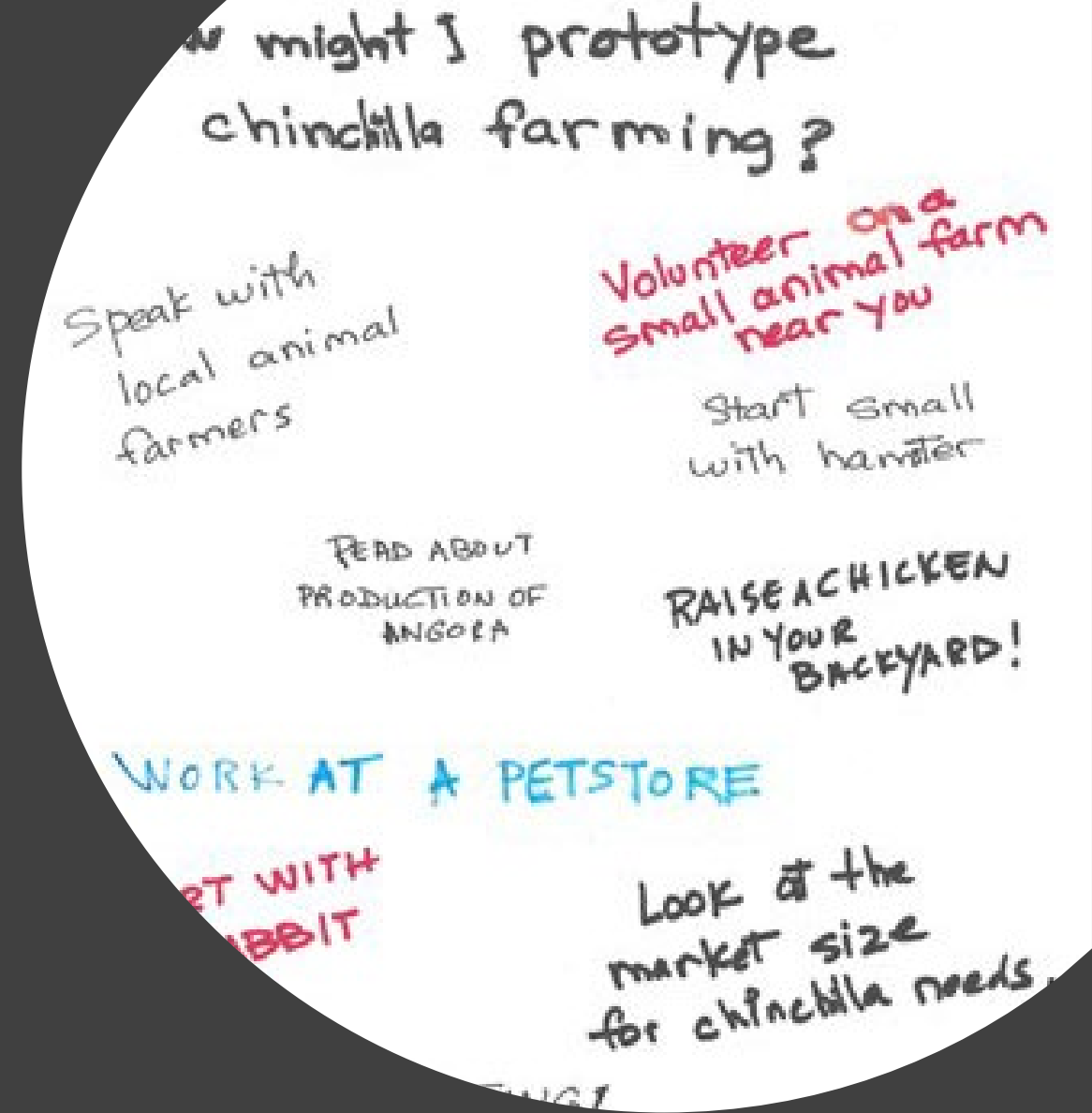
- How might I prototype the experience of raising small animals?

How might I prototype the experience of raising small animals?

Ideate Prototypes!

ADD 1 IDEA AND MOVE ON

- An Experience...
- A possible Conversations...
- Any wild ideas...



What was that like?

DIFFERENT KINDS OF THINKING

ENGINEERING THINKING



Solve your way forward

BUSINESS THINKING



Optimize your way forward

RESEARCH THINKING



Analyze your way forward

DESIGN THINKING

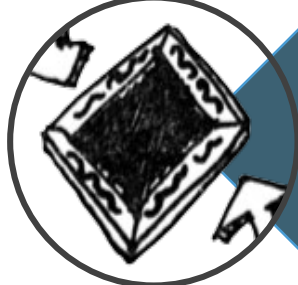


Build your way forward

DYI Mindsets



Radical Collaboration



Reframing



Curiosity

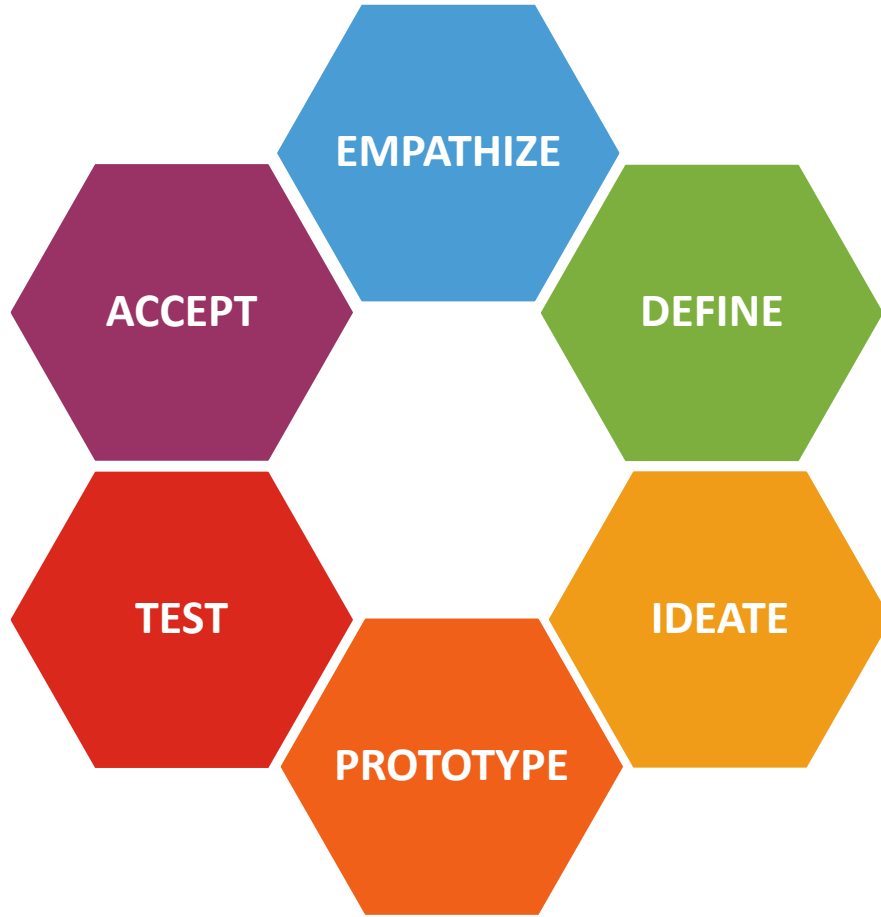


Mindful of Process



Bias Towards Action

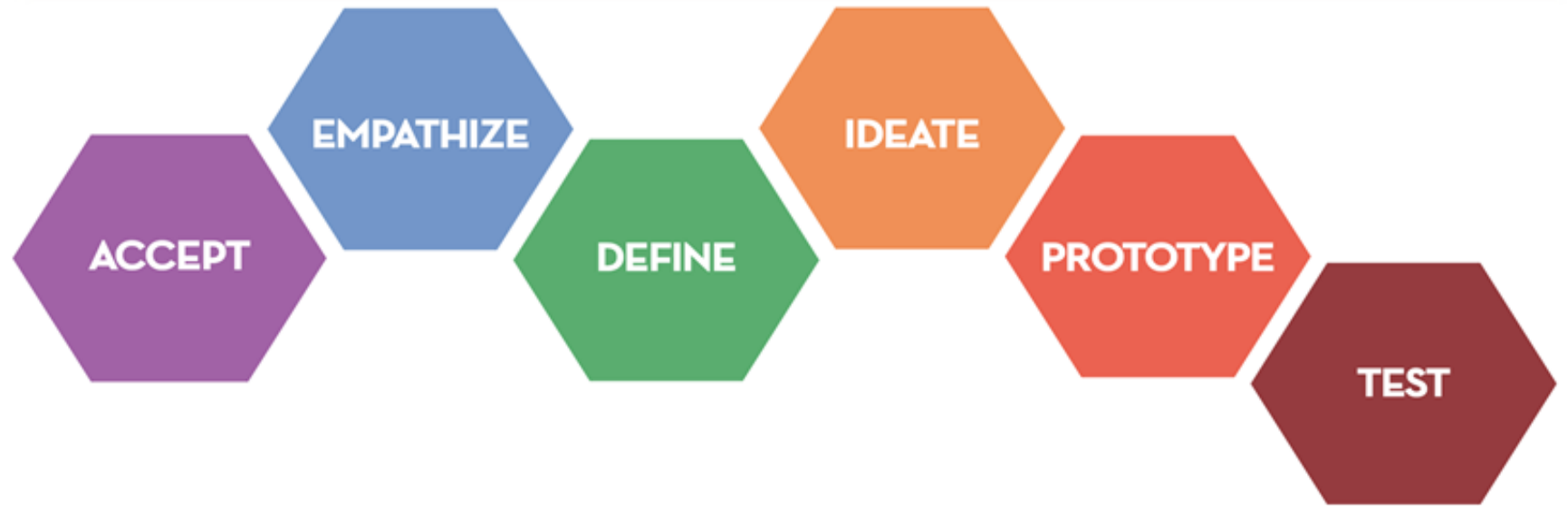
DYI Process



Designing
Your Life

MEANING-MAKING

POV, Workview, Worldview



DISCOVERY & SUPPORT

Practices, Discernment, Mentors, Community

Examples of the work in Action

University of British Columbia Initiatives

- Prototype One | Graduate Students Workshop
- Prototype Two | Professional Development Program, Residence Life
- Prototype Three | Internship Course, Faculty of Land and Food Systems
- Prototype Four | First Year Orientation
- Prototype Five | Professional Development for Campus Influencer Network



McGill initiatives

- Prototype One | Grad Hives
- Prototype Two | myPath: Creating an Individual Development Plan (IDP) for grad students
- Prototype Three | Professional Development for Student Services and partners staff
- Prototype Four | Undergraduate Hives

Resource Sharing

PLEASE LEAVE YOUR BUSINESS CARD IF YOU ARE INTERESTED IN E-COPIES



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Thank You

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