

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

UNIVERSITY OF FLORIDA  
CAREER CONNECTIONS CENTER



# 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



# Meet Your Facilitator



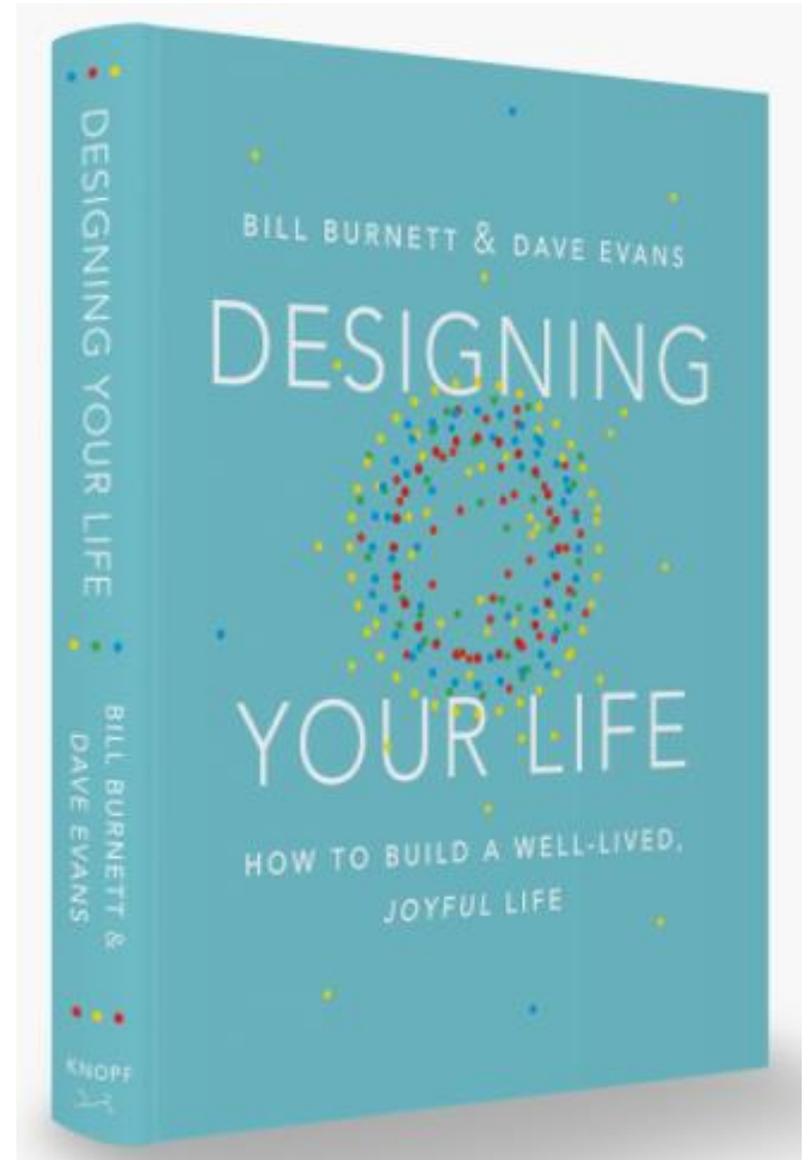
## Jaime Harsell, She/They

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

# What is design thinking?

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- 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

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Curiosity not  
passion

Self empathy

Reframe  
assumptions  
and problems

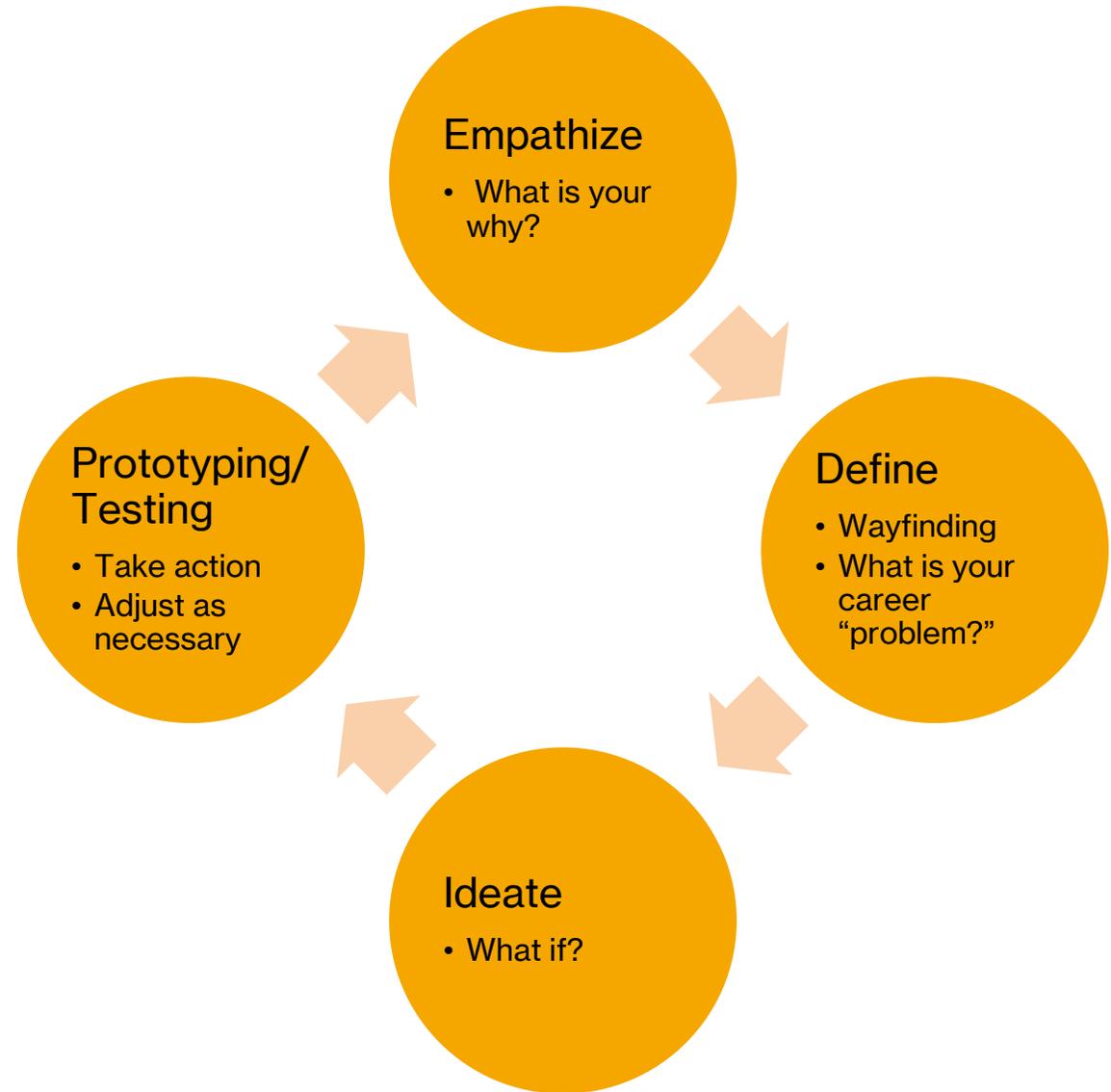
Bias towards  
action

Try things

Career is a  
process

“Radical  
Collaboration”

# Stages of Design Thinking





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## Empathize: What is Your Why?

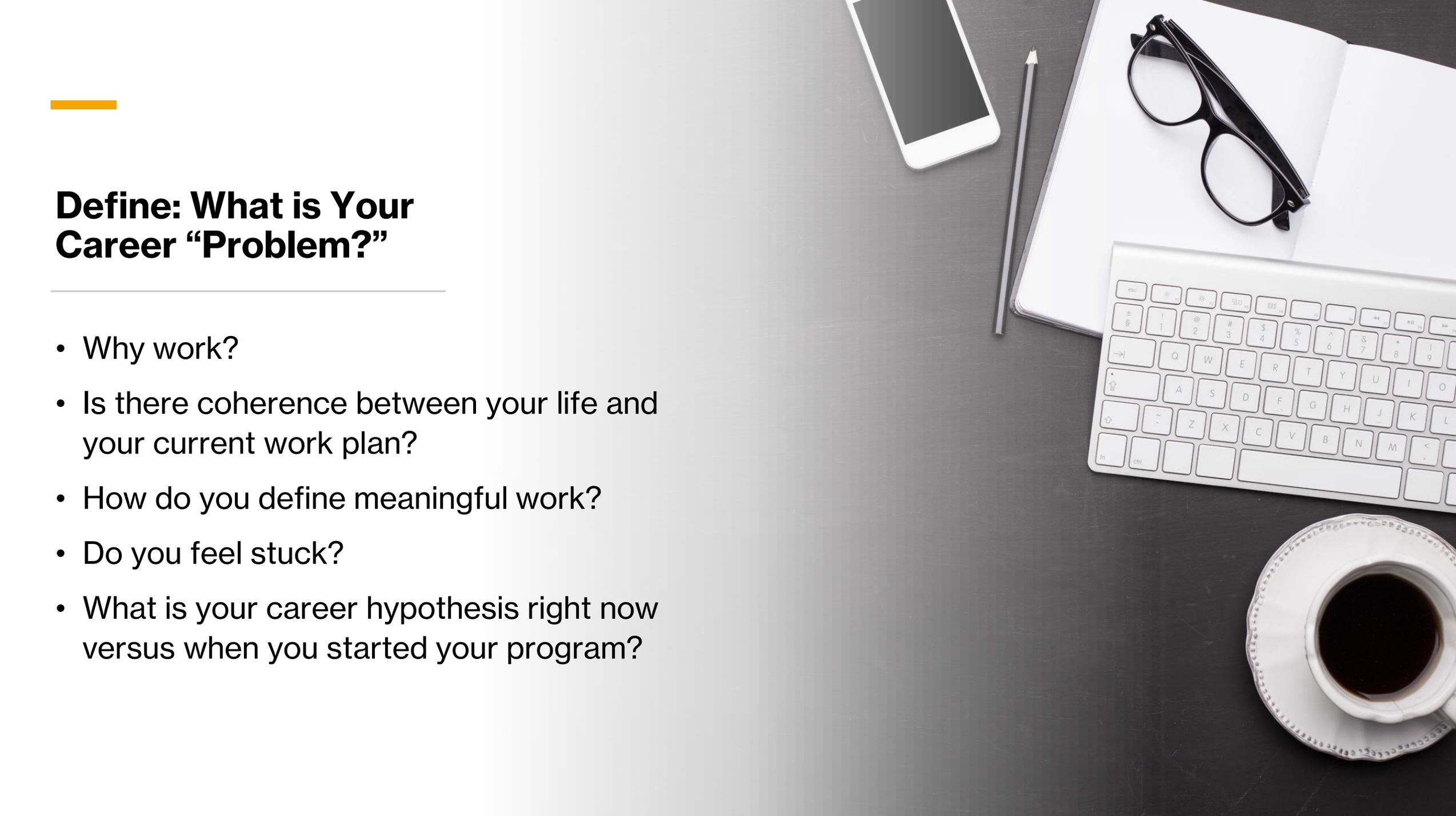
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- How do you describe yourself?
- Why work?
- Does your current plan compliment your lifestyle?
- How does work align with your personal and professional values?



## More on Work Values

- Work values are unique to everyone
  - They can be uncovered by identifying what is non-negotiable to you
- **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

A top-down view of a dark grey desk. In the top left, a white smartphone lies vertically. To its right is a silver pencil. Further right is an open white notebook with a pair of black-rimmed glasses resting on its pages. Below the notebook is a white keyboard. In the bottom right corner, a white cup of black coffee sits on a matching saucer.

## Define: What is Your Career “Problem?”

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- 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

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- 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

# Filling Out Your Dashboard

- 1. Timeline:** personal and professional events and goals
- 2. 6 Word Title:** captures the vibe of this path – what it makes you feel
- 3. Gauges:**
  - Resources: time, money, skills to make the plan happen
  - Likability: how energized and excited this plan makes you feel
  - Confidence: do you think you can make it happen?
  - Coherence: does this plan make sense within the context of your life factors?
- 4. Questions :** What questions are brought to the surface completing this plan?

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

0 1 2 3 4 5

**Timeline**

RESOURCES 0 100

I LIKE IT COLD HOT

CONFIDENCE EMPTY FULL

COHERENCE 0 100

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

Questions this plan addresses: \_\_\_\_\_

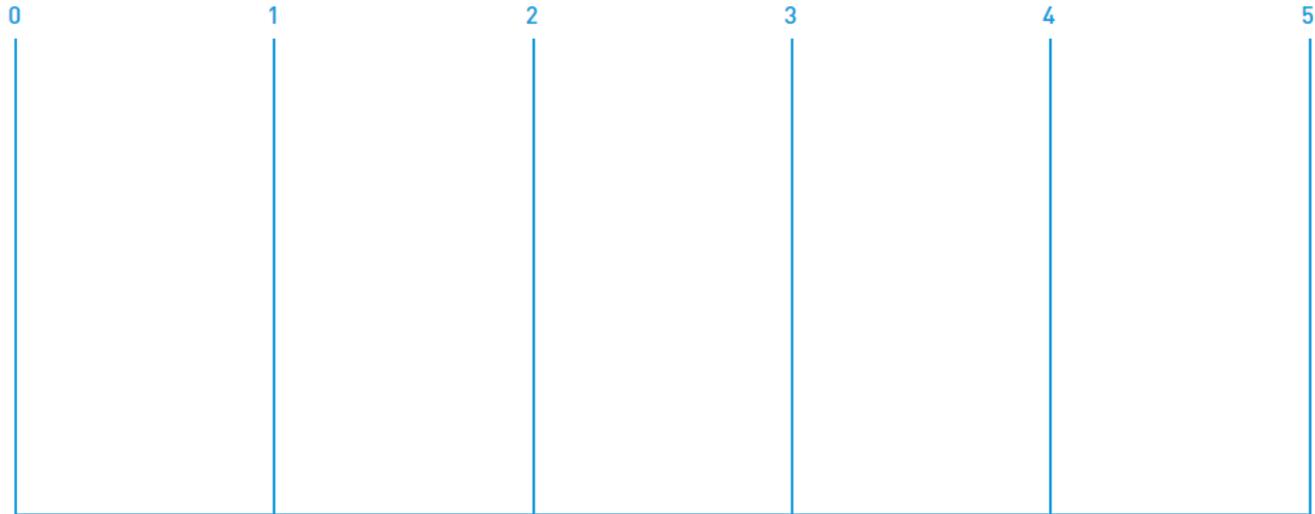
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# Life One

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 # \_\_\_\_\_

0	1	2	3	4	5
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RESOURCES



I LIKE IT



CONFIDENCE



COHERENCE



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

Questions this plan addresses:

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# 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?



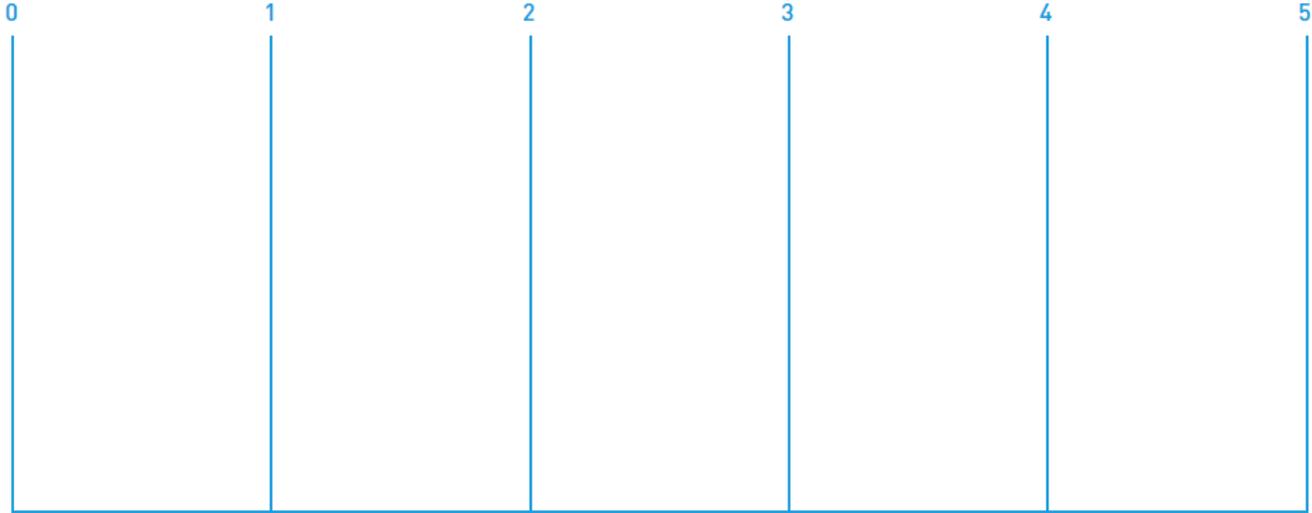
# Life Two Questions

- 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



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

Questions this plan addresses:

CONFIDENCE



COHERENCE



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



# 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?



# **Small Group Discussion Vote**

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

