

CAREER PLANNING



SCHOOL OF
PUBLIC HEALTH
Office of Career Services

Perhaps there is no plan, but a mindset.

BUILD YOUR WAY FORWARD

The college experience is an important part of the career development process. Many take this time to think about their future career. We challenge students to embrace a take-action approach during this time to pave way for a fulfilling and rewarding career. Design Thinking is a creative problem solving methodology. In an every changing and evolving workforce, the principles of design thinking will enable forward-thinking action in the face of uncertainty. *Life isn't about FINDING yourself...It's about CREATING yourself...- George Bernard Shaw*

Design Thinking Concepts

This mindset integrates proven practices to help figure out a career path while in college. Additionally, these tools can be used frequently throughout the career cycle and also be applied to every aspect of life. Understand strengths and challenges, brainstorm ideas, test them out, and refine.



BE CURIOUS

One who is curious sees everything as new and is willing to explore. Ask questions, do research, and seek out information. "Lean into your curiosity," and generate as many ideas as possible and consider a variety of options.



TRY STUFF

Have a bias to action. They try things and if they don't work, they try something else. They prototype until they identify their greatest gifts, spark interest, and intrigues them to move forward.



REFRAME PROBLEMS

Designers build forward out of problems to get unstuck. Step back from the situation, explore biases and assumptions, and be open to new solutions. Ask if dysfunctional beliefs are preventing forward progress. Sometimes reframing allows new questions to emerge.



KNOW IT'S A PROCESS

Design thinking is about taking risks and not being afraid to fail. One step forward and two steps backward. Instead of focusing on a particular end, stay focused on the journey. In doing so, the outcome may end very differently than initially expected.



ASK FOR HELP

Great design requires radical collaboration. Teamwork. Some of the best ideas may come from interacting with other people. The trick is being willing to ask....and knowing the right questions to ask.

Moving Forward

Navigating the career landscape is an ongoing, lifelong process. Along the way, generate ideas and build critical questions. Make it a priority to talk to people to gather further information. When taking action, set the bar and clear it – and set the bar again, Above all, maintain an open mind and reflect on moments of extreme interest, intrigue, and aliveness.

Credit *Taken from the book, *Designing Your Life: How to Build a Well-Lived, Joyful Life*, by Bill Burnett and Dave Evans. New York: Alfred A. Knopf, 2016.