Life Design 101

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Design Thinking ➔ Life Design
Design Thinking is…

…a good approach to wicked problems

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The Process

ACCEPT

EMPATHIZE

DEFINE

IDEATE

PROTOTYPE

TEST

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The Process

Empathize with the user and try to understand what they may need.
The Process

Scope the shape, size, and characteristics of the problems you are trying to solve.
The Process

Get past our brain’s tendency to be critical and leap to judgement.
The Process

Build your way forward, fail fast to learn and iterate, and get the data needed for next prototype.
Test the prototype to see if it works, get feedback, and refine definition of the problem.
The Process

- Accept
- Empathize
- Define
- Ideate
- Prototype
- Test
Dysfunctional Beliefs

Ideas that are...

...untrue

...ungenerative

...and unhelpful.
“You should know where you’re going!”

DYSFUNCTIONAL BELIEF:
I should know where I’m going!

REFRAME:
I won’t always know where I’m going – but I can always know whether I’m going in the right direction.
LET’S TALK ABOUT ENERGY & ENGAGEMENT!
ENERGY – ENGAGEMENT GAUGES
1. List up to 8 activities that comprise a significant part of your week. They can be professional (research, teaching), academic (coursework, exams), co-curricular (student clubs, campus employment) or extracurricular (hobbies). If your days are so focused on one topic (i.e. lab research), try to break up that work into component parts (experiments, data analysis, lab meetings, conference presentation, grant writing, etc.)

2. For each activity, determine how much it engages you and how much it energizes you.

3. When you are done, place a “+” next to the 3 most engaging/energizing activities, and a “−” next to the least engaging/energizing activities.
ENERGY – ENGAGEMENT GAUGES

1. TEACHING
ENERGY – ENGAGEMENT GAUGES

2. READING JOURNAL ARTICLES
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PAIR UP AND SHARE

PERSON 1:
Share your Energy Engagement Gauges and your reflections

PERSON 2:
• Reflect back what you hear as the person describes their map and reflections.
• Comment generatively on anything else you notice as you look at their map and notes.
• Help them determine one aspect of their work they should try to preserve and one aspect they should try to minimize

(2 min each)
Takeaways

• Noticing which activities are engaging and energizing (and which are not) increases your awareness.

• You can use energy awareness to design your life and make career choices
Let’s Build On That
Mind Maps

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Mind Maps are made like this....

Topic you wish to map in center
Draw line to 1st thing comes to mind
Do 4-6 times from center point
Do 3-5 times from each topic
Repeat out to 3-5 idea layers
Mind Mapping Activity

1. Select an activity that is particularly energizing or engaging and write that activity down in the center of the paper.
2. From there, write 4-6 things that immediately come to mind when thinking of this word.
3. Repeat this process until you have at least 3-5 layers out from each of the topics.

The goal is to draw out as many ideas as possible. Write down the first thing that comes to mind!
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5 MIN
Mind Mapping Activity

1. Look at the far outer edge of your mind map and circle 3-5 items that seem interesting, intriguing, or delightful.

2. Share your items with your partner.
Mind Mapping Activity
Prototyping

*I have an idea, now what?*

- We mainly prototype to answer a question
- Take a look at your mind map: is there something in your plans you can prototype in the world?
- Consider the two types of prototyping
  - Prototype conversations
  - Prototype experiences
Prototyping

• **Prototype Conversation Example:** Talk to a travel blogger about how to start a blog

• **Prototype Experience Example:** Shadow a taco truck owner for the day

*If the prototype does not work, go back and prototype again!*
Test it out

TRY SOMETHING NEW
Student Employment Data 2017

n=424

- Academic Institution (elementary, secondary or post-secondary)
- U.S. Federal Government
- Local Government
- Foreign Government
- Foundation, non-governmental organization, or similar charitable non-profit
- Hospital
- Other healthcare provider
- Health Information Technology (IT) company
- Health insurance company
- Self-employed

- Intergovernmental organization (IGO)/International organization
- State Government
- Tribal Government
- Trade association or similar non-profit
- Other non-profit organization
- Managed Care Organizations (e.g. HMO, PPO)
- Consulting firm
- Pharmaceutical, biotechnology, or medical device firm
- Other industrial or commercial for-profit firm
- Other

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Where Students Landed

• AstraZeneca R&D
• Avalere Health
• Bill and Melinda Gates Foundation
• Centers for Disease Control (CDC)
• Clinton Health Access Initiative (CHAI)
• Food and Drug Administration (FDA)
• Johns Hopkins Hospital
• Kaiser Permanente
• KPMG
• Maryland Department of Health & Mental Hygiene
• Mercer Health & Benefits
• National Institutes of Health (NIH)
• USAID
• World Health Organization (WHO)
Connect with us!

Career Services Office listserv (jhsph.careers)
• You will be automatically added to this listserv

Career Services website
• http://www.jhsph.edu/careers

Career Services email address
• JHSPH.Careers@jhu.edu

Career Services Office/Phone Number
• Suite W1600/410-955-3034