Life Design Workshop Summary

Generated by LectureMate

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1 Introduction

This workshop, titled "Life Design at Edinburgh," is part of a program developed at Stanford University. The session aims to help students build essential skills for their university journey and future careers, focusing on both technical and reflective abilities.

2 Workshop Overview

2.1 Objectives

The primary objectives of the workshop are:

- To enhance coding and technical skills.

- To develop reflective and teamwork skills.

- To assist students in navigating their university experience and career pathways.

2.2 Structure

The session is structured as follows:

- Introduction and ice-breaking activities.

- Interactive discussions led by Becca from the careers service.

- Activities focused on design thinking and personal reflection.

- Lunch break.

3 Design Thinking

3.1 Definition

Design thinking is a methodology used to solve complex problems by focusing on understanding the needs of users. It involves several stages:

1. **Empathize**: Understand the experiences and needs of users.

2. **Define**: Clearly articulate the problem to be solved.

3. **Ideate**: Generate a wide range of ideas and solutions.

4. **Prototype**: Create simple representations of ideas to explore their viability.

5. **Test**: Evaluate prototypes and gather feedback to refine solutions.

3.2   Application in Life Design

In the context of life design, the user is oneself. Participants are encouraged to reflect on their experiences and aspirations to design their academic and career paths effectively.

4   Activities

4.1   Experience Maps

Participants engage in an activity called experience mapping, where they reflect on meaningful experiences in their lives. This involves:

- Identifying significant events and their impact.

- Categorizing experiences into themes such as play, work, relationships, and health.

- Plotting these experiences chronologically to identify patterns and connections.

4.2   Defining Success

Another activity involves participants completing the sentence: "University will be a success if..." This prompts reflection on personal goals and expectations from their university experience.

5   University Archetypes

Participants explore four archetypes of university purpose:

1. **Life of the Mind**: Pursuing intellectual growth and knowledge.

2. **Career Readiness**: Developing skills for future careers.

3. **Self-Actualization**: Understanding oneself and personal development.

4. **Supporting Communities**: Contributing to social mobility and community improvement.

5.1   Group Discussion

Participants are encouraged to discuss their perspectives on these archetypes and how they relate to their own goals and experiences.

6   Conclusion

The workshop emphasizes the importance of self-reflection and interaction in shaping one's university experience. By utilizing design thinking principles, students can better navigate their academic journeys and prepare for their future careers.