

IT'S ABOUT
HOW TO LIVE
YOUR LIFE

Freshink.blogspot.com

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“We cannot change the cards we are dealt, just how we play the hand.”

— Randy Pausch, The Last Lecture

The Last Lecture



<https://www.youtube.com/watch?v=cyuZwdx55ml>

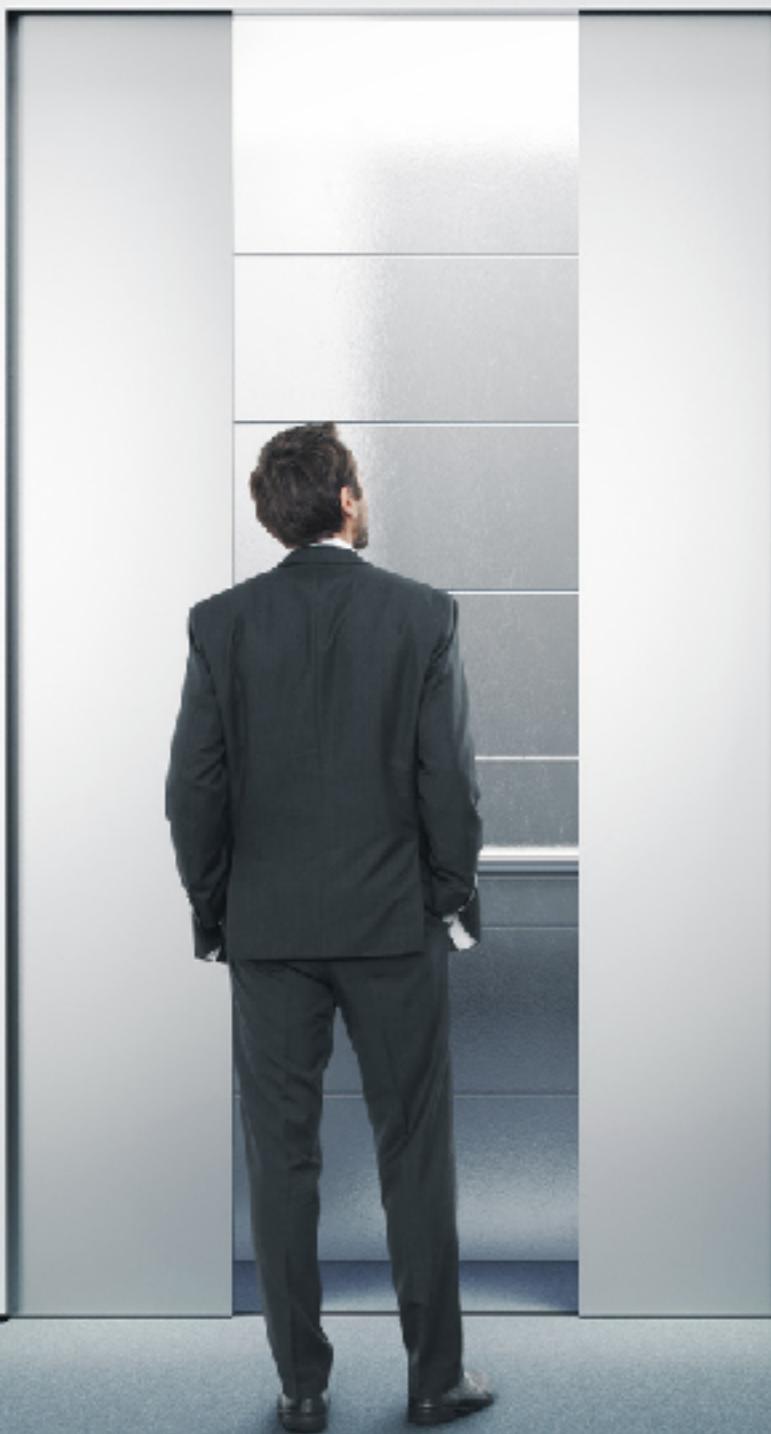
The Muse



35
THINGS TO
DO FOR YOUR
CAREER BY
35

<https://www.themuse.com/advice/30-things-you-dont-have-to-have-by-30>

Refine Your Elevator Pitch



Know Your Superpower



Know Your Weakness



A professional woman in a striped shirt and grey pants stands in an office, smiling as she hands two papers to two men seated at a desk. The men are seen from the side, wearing blue shirts. The background features a window with horizontal blinds.

Learn How To Delegate



**Know
Your
Career
Non-Negotiables**

**Do Something
You're Really,
Really Proud Of**



**Learn From Something
You're Not
So Proud Of**



Stretch
your
limits



Do Something That Really Scares You



A professional office environment with three people. A man in a dark blue suit and striped tie is seated, looking towards the right. Two other individuals, a woman in a white blouse and a man in a light blue shirt, are seated across from him, engaged in a discussion. The background shows large windows and office equipment.

**Get
comfortable
With Getting
Feedback**

Get Comfortable With Giving Feedback





Have a Broad Network of People You Can Trust



Find Mentors





**Clean up
your
social
media
presence**



LinkedIn®

Portfolio



SELL
YOURSELF

A group of five people are gathered around a table in what appears to be a professional or educational setting. In the center, a man with dark hair and a beard is gesturing with his hands while speaking. To his right, a woman with blonde hair is looking at him attentively. Behind her, another woman with blonde hair has her hand near her ear, possibly listening intently. On the far left, a man's face is partially visible, looking towards the speaker. In the foreground, a person's arm and shoulder are visible on the right side of the frame. The background is a plain, light-colored wall.

Learn How To Negotiate

Know How to Manage Up



Learn How to Send Excellent Emails



A close-up photograph of a woman with long brown hair, smiling broadly and looking upwards. She is wearing a dark blazer over a white collared shirt. Her right hand is extended towards the right side of the frame, palm up, as if she is about to shake hands or has just finished. The background is blurred, showing hints of blue and orange, suggesting an indoor event or conference.

Master The Handshake

To Do:



**Know Your
Energy
Levels—
and Use
Them**



Manage Your Sleeping



Know How To Manage Stress



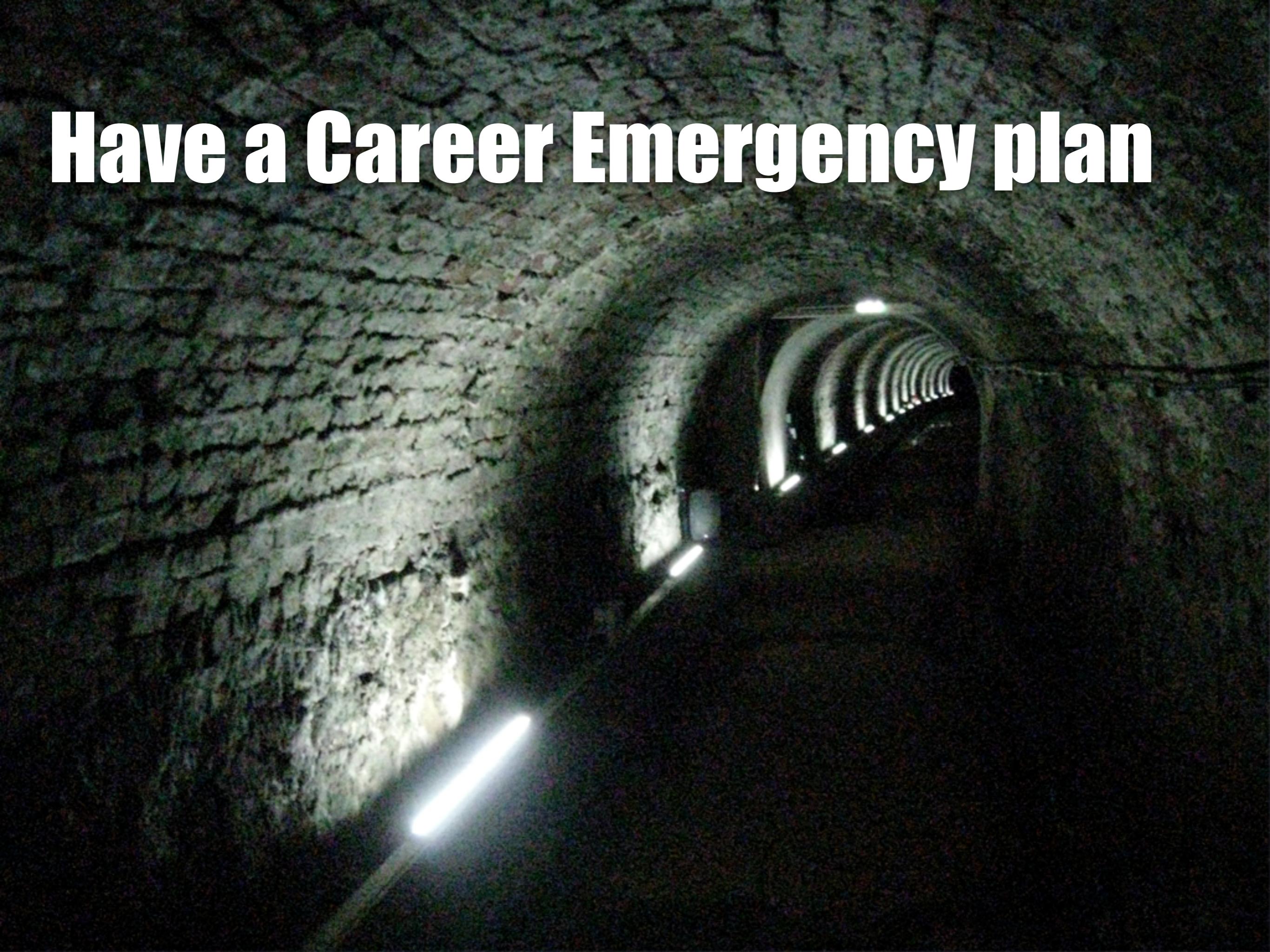
Stop Over-Apologizing



Get Over Impostor Syndrome



Have a Career Emergency plan



Pickup a Side Project



Invest in Retirement



Invest in Yourself



Invest in the World



**Know
what
You
Don't
Want**





Give
Yourself
Permission
to Go After
What You
Do

Sage Advice from my Friends



Question

IF YOUR CURRENT SELF COULD GO
BACK IN TIME AND SPEAK WITH
YOURSELF AT THE START OF YOUR
CAREER, WHAT WOULD YOU SAY TO
THEM?

“ You can't plan for everything so enjoy every moment as it happens and if something isn't enjoyable then find ways to make it enjoyable.

“ Calm down,
listen more,
speak up for
yourself, and
have some fun in
whatever you
do.

“ You're not as
smart as you
think you are
and experience
is the best
teacher of all.

“ Be loyal to yourself and follow your heart. Be ambitious to obtain what you are truly passionate about. Don't settle. Get out of your comfort zone and amazing things will happen.

“ Collaborate more with others, don't try to do it alone.

“ Calm Down. I spent a lot of time freaking out about stuff that's not at all important now.

“ Look around. Are you sure this is the kind of place you want to spend the next 3 decades? You know what it is you want to do. Why aren't you doing it?

“ Don't suck

“ Only say yes to the things you have time for, but don't count something out just because you're not sure if you'll like it. Gain experiences, try everything once. Enjoy every minute.

“ Hold onto your hat - this ride veers left and then jumps the track! And it's okay.

“ Don't be afraid. Failure is ok. Being homesick is natural. I walked away from two very good jobs because of those things.

“ Don't ever think the world owes you anything, and stay humble. If you work hard and smart, it will be noticed and you'll earn advancement and recognition.

Be accountable; don't be a victim.

And when you earn a raise, save it rather than spend it. You were probably living just fine before the raise. You don't need to upgrade your lifestyle every time your pay grows.

“ Trust what your heart tells you and
fight for every word it says.

LOOKING BACK

A photograph of a long, straight asphalt road stretching into the distance. The road is marked with a yellow dashed center line. The surrounding landscape consists of green fields and rolling hills under a blue sky with scattered white clouds.

Course Objectives



Public Speaking



Professionalism



Teamwork



Technical Writing

Course Objectives



Public Speaking

- **A**rticulate oral delivery of a speech
- **C**oherent and organized presentation of complex information
- **E**ffective visual aids to support presentations

Course Objectives



Professionalism

- **P**repare effective resumes and cover letters
- **R**ehearse interviewing techniques *
- **E**tchics
- **P**rofessional codes of conduct

Course Objectives



Teamwork

- **H**earing and listenings to others
- **E**ffective meetings
- **L**eadership skills
- **P**eer review

Course Objectives



Technical Writing

- **F**oundational skills in technical writing
- **L**ogical organizational patterns
- **O**ptimal clarity and breath
- **W**riting effectively & free of grammar errors



http://www.ted.com/talks/stanley_mcchrystal?language=en#



ON \leq REPUBLIC

I LIVED

<https://www.youtube.com/watch?v=z0rxydSolwU>