



Life Design For Your First Year

Spring 2021

Andrea Wiseman



JOHNS HOPKINS
UNIVERSITY

Life Design Lab

WHAT IS LIFE DESIGN?



applying the innovation principles of
design thinking to the **wicked problem**
of **designing your life**



DIFFERENT KINDS OF THINKING:



ENGINEERING THINKING



Solve your
way forward

BUSINESS THINKING



Optimize your
way forward

RESEARCH THINKING



Analyze your
way forward

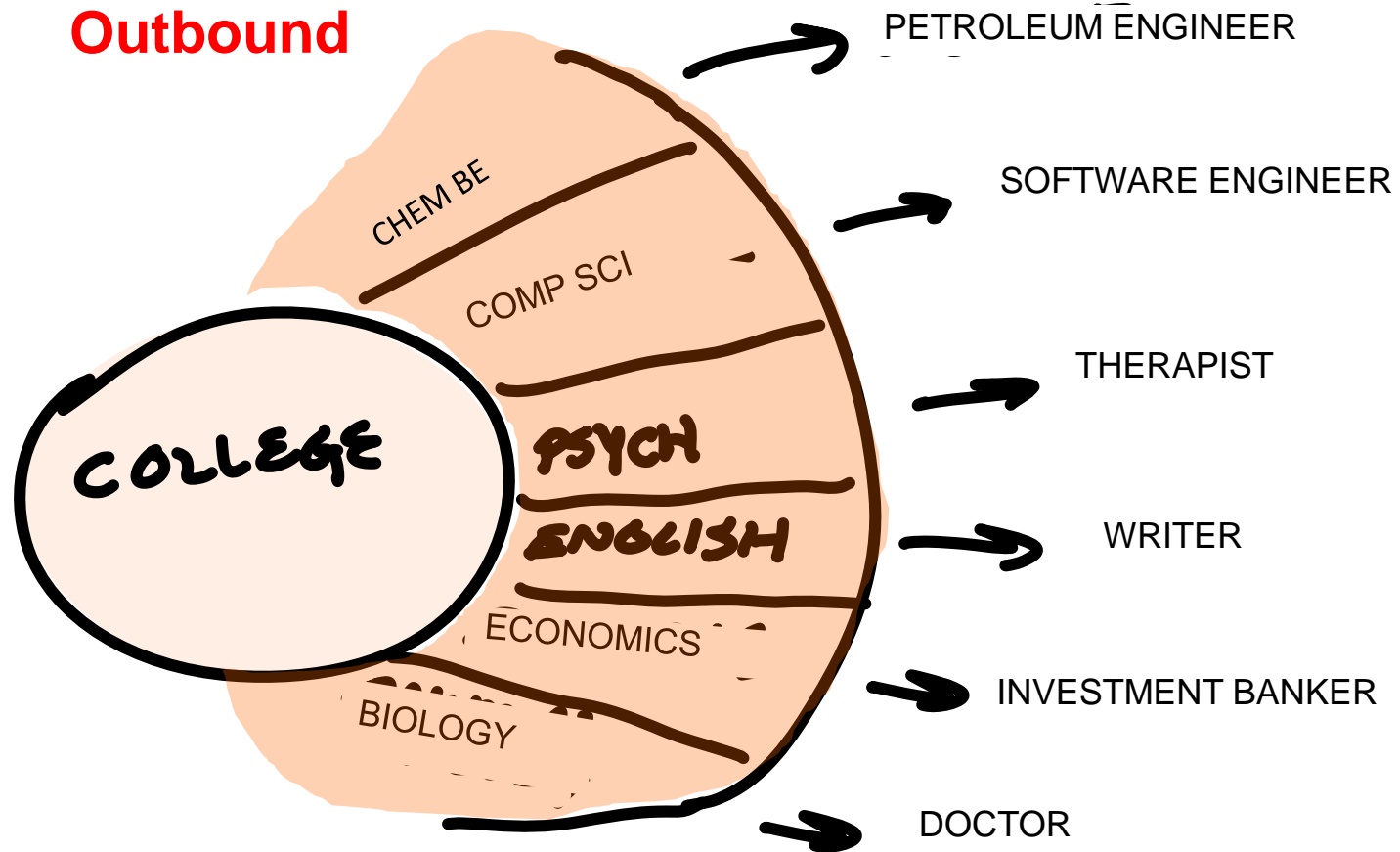
DESIGN THINKING



Build your
way forward

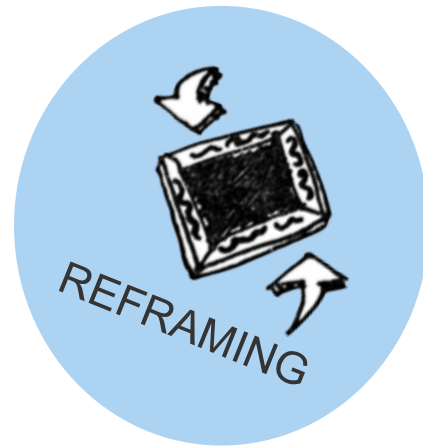
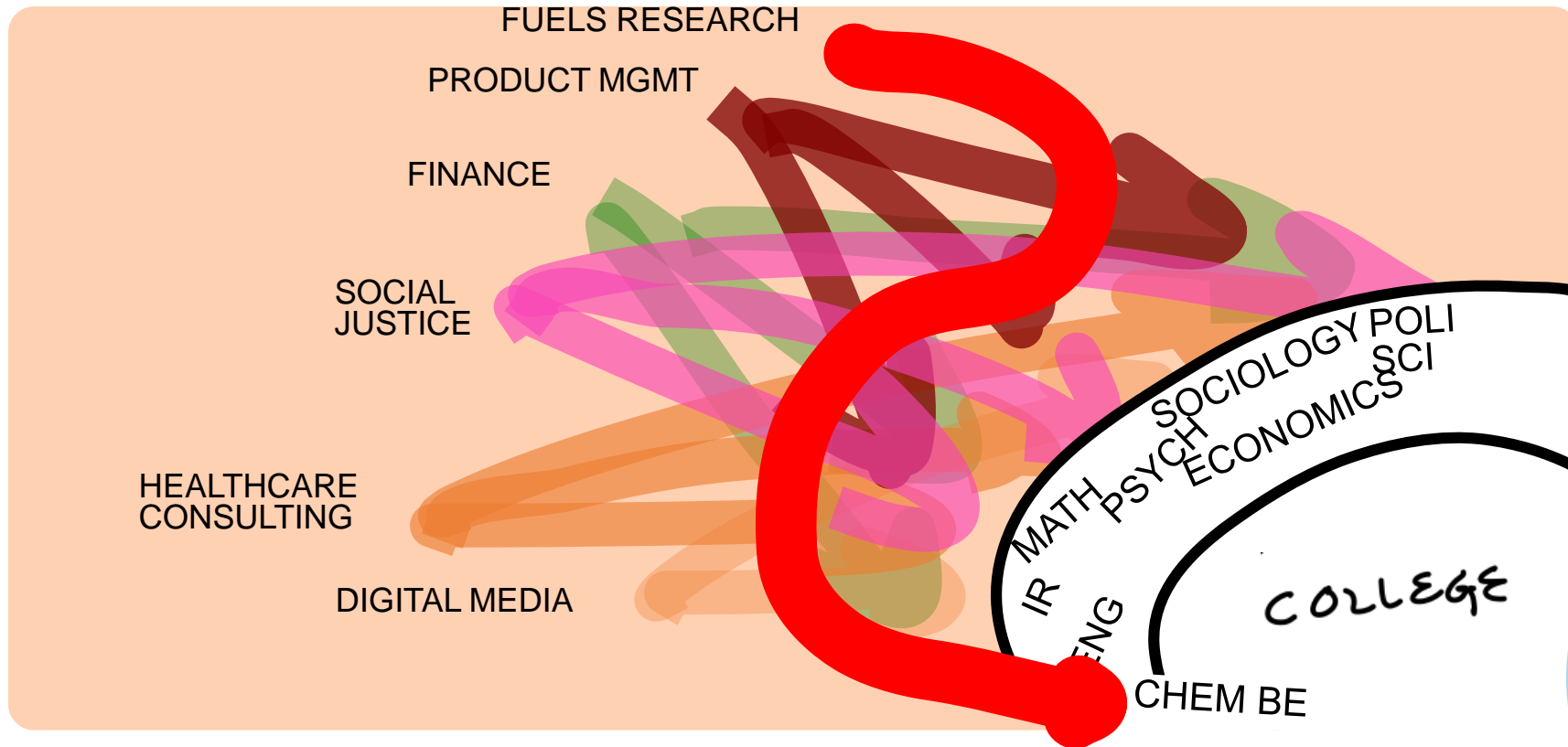
MAJOR-CAREER LINKAGE

Outbound



MAJOR-CAREER LINKAGE

Inbound



NOW WHAT?



NEXT STEPS...



What if I don't have a direction or focus yet? ..



- **Have conversations** with people who have experience with your problem/curiosity:
 - Peer or upper-class students/student leaders, alums are great connections to make!
 - Staff/faculty, advisors, supervisors, mentors (OneHop) <https://onehop.jhu.edu/>
 - Determine what skills/qualifications/coursework/experiences are desired
 - Follow/connect on social media
- **Participate in/explore immersive experiences** to get a sense of whether you'd like something, grasp the bigger picture, and expose your assumptions:
 - General body meeting for a club(s) you're interested in
 - Attend events, workshops, volunteer
 - Try a new class, certification
 - Look into research and team project options (HOUR, Forager One)
 - Get an 'on-campus' job (SMILE)
- **Don't always do what you think you're supposed to do**



BIAS TOWARD
ACTION

MAKE THE MOST OF YOUR FIRST YEAR: REFLECT ON EXPERIENCES & ASK QUESTIONS?



Instead of 'What do you want to be when you grow up?':

- What/who inspired me?, Who am I going to connect with this week/month?
- What am I most looking forward to/excited about?, What will challenge me?
- Will my values come into play? (what are my values?)
- Where will my highest engagement be?, How will I stay motivated?
- Where/how will I be empowered?, Where/how will I empower someone else?
- What skills do I hope to gain/enhance?
- Where will I feel the most energy?, most depleted?
- Have I had a pivotal moment(s)?
- Will I take risks/step out of my comfort zone?, What am I willing to try?, What am I curious to learn more about?

My Life Design Plan



Use this sheet to start ideating about talking to people, identifying experiences, gaining skills, participating in events and trying stuff.

	I've Included this because...	Questions I have about this...	People with whom I will talk to about this...	Ideas to help me explore this further...
Things I'm Curious About:				
Things I Want to Talk to People About:				
Things I Want to Try:				



Summer Immersive Experience Grants

- ❖ Design Your Summer Experience
- ❖ Un(der)paid Life Design Lab Internship
- ❖ Second Decade Society
- ❖ SOAR Summer Plunge
- ❖ Center for Student Success
- ❖ Remote Work Supplies Funding
- ❖ Steinberg Family Grants (unpaid internships)

Grant Info & Prep Sessions:

- Summer Plunge Info Sessions – 3/9 & 3/29
- Grant Info Sessions – 3/9 & 4/1
- Creating Grant Budgets – 3/18 & 3/22
- Developing Personal Statement – 3/16, 3/17, 3/31

Office Hours



Need to ask questions or get advice about upcoming programs, get suggestions about opportunities to pursue, or get support in resume, cover letter or interview preparation? Stop by Life Design Lab Office Hours <https://studentaffairs.jhu.edu/life-design/>

My specific office hours are: **Tuesdays 3pm-5pm EST**,
CS/ECE LDE, Emily Hogan's are: **Mondays/Thursdays 1pm-3pm EST**,
but overall Life Design Lab office hours are:
Mondays 11am-5pm and 8pm-10pm EST
Tuesdays 11am-5pm and 8pm-10pm EST
Wednesdays 11am-5pm and 8pm-10pm EST
Thursdays 11am-5pm
Fridays 11am-3pm
Drop in to office hours at anytime.



Links for Resources & Upcoming Events



One Hop: <https://onehop.jhu.edu/>

March 11 endowed lecture with Percy Pierre: <https://jhu.joinhandshake.com/events/711312>

March 16 endowed lecture with Marcia Howes: <https://jhu.joinhandshake.com/events/711319>

March 25 Spring Mock Interview night: <https://jhu.joinhandshake.com/events/71132>

Summer Grants: <https://studentaffairs.jhu.edu/life-design/students/funding/>

Summer Grant Info & Prep: [Summer Grant Info & Prep Sessions](#)

Life Design Lab Office Hours: <https://studentaffairs.jhu.edu/life-design/>



QUESTIONS?



Andrea B. Wiseman

First Year Experience (WSE)

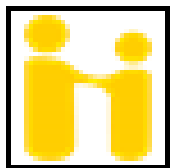
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410-585-5202 | awiseman@jhu.edu

Emily Hogan

Director WSE (& CS/ECE LDE)

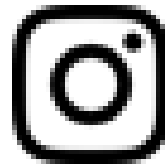
ehogan3@jhu.edu



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<https://twitter.com/AndreaWiseman16>

