



CALTECH

DESIGN YOUR LIFE

OFFERED BY ANNA RESNICK



WHAT THIS COURSE IS

What if you approached your life as a series of design projects? What if there was a class to help you explore the bigger issues of finding your way to a career you'll love, and space to work on crafting a total life that feels "like you"? Inspired by Stanford's wildly popular Design Your Life course, this course uses design thinking to address the "wicked problem" of creating a life and career that fulfills you.

WHY IS THIS IMPORTANT

The quality of your thinking determines the quality of your actions, results, and success in life. Design thinking also has positive outcomes on career - in both advancement and salary. Jobs and companies are increasingly seeking innovative, design thinking employees. A well-designed life is generative - constantly creative, productive, changing, evolving, and there is the possibility of surprise.



SELF- INTROSPECTION

Build self-awareness around yourself, your values, your unique contribution, your current resources and where you are headed.



DESIGN THINKING

Learn an essential overview of design thinking and a framework that supports vocation development, now and in the future.



CAREER DEVELOPMENT

Acquire methods for discovering and designing career and life. Integrate your career experiences with your vocational vision.



ODYSSEY PRESENTATION

Develop a preliminary post-graduation plan/vision ("Odyssey Years Plan") that Caltech alum and other industry experts will view and be able to support.



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