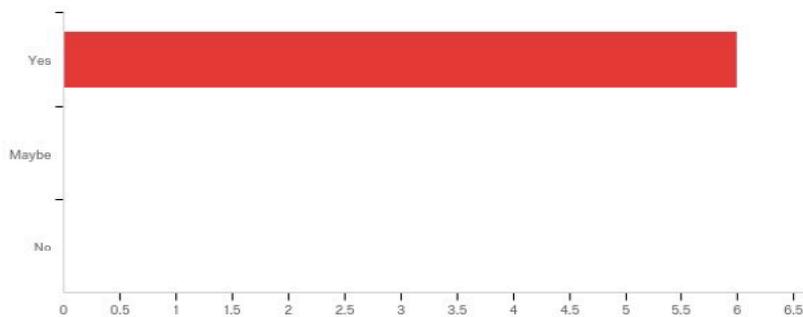
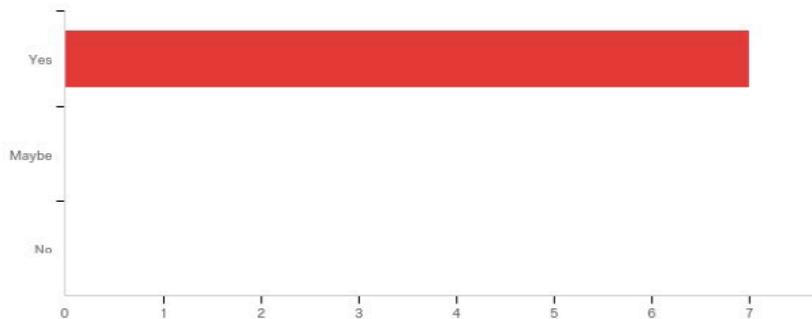


TAYLOR Your Life Spring 2017 Assessment

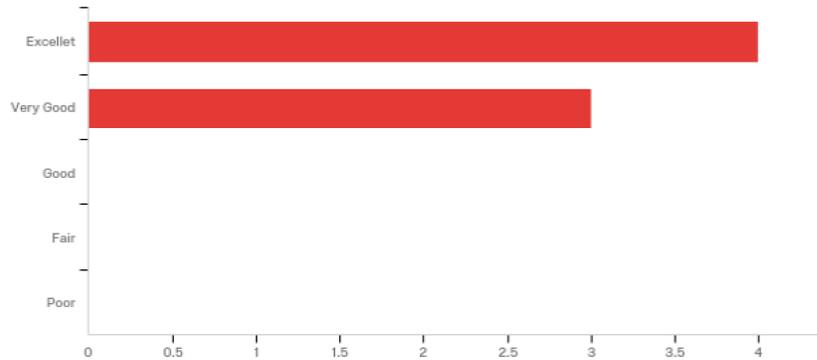
Would you recommend this course to others?



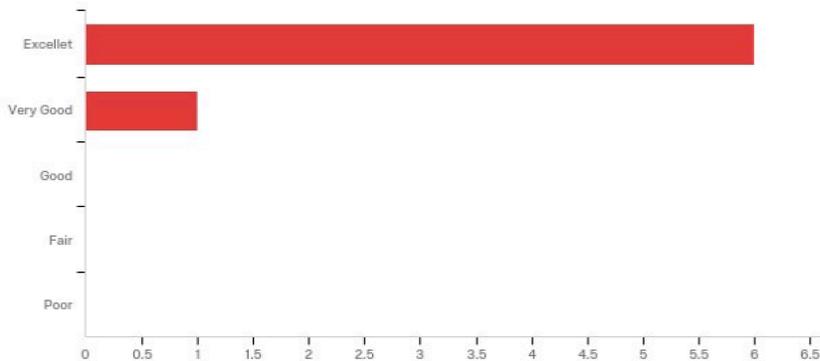
As a result of the course, do you feel more confident about next steps/your future?



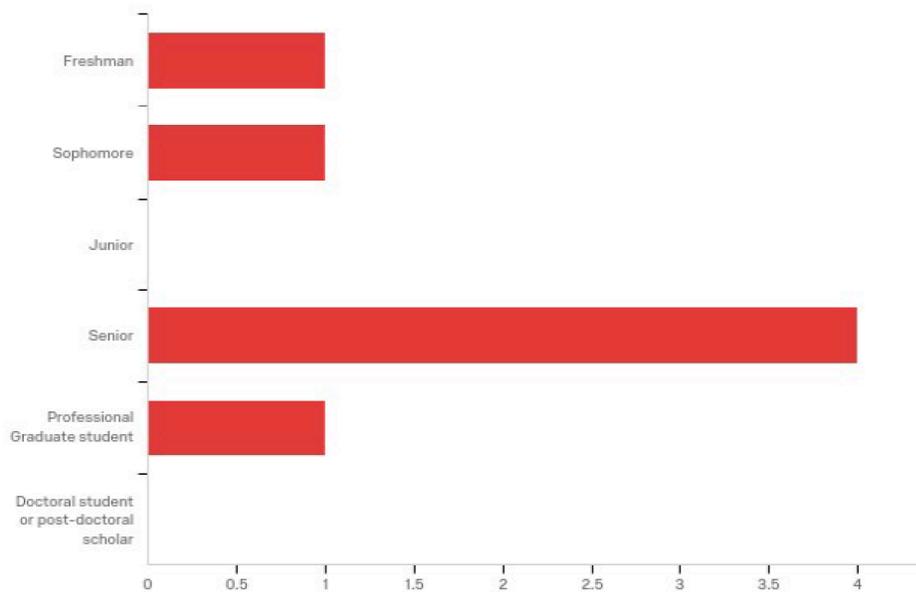
Overall, how would you rate this course?



Overall, how would you rate the effectiveness of this professor in delivering course content?



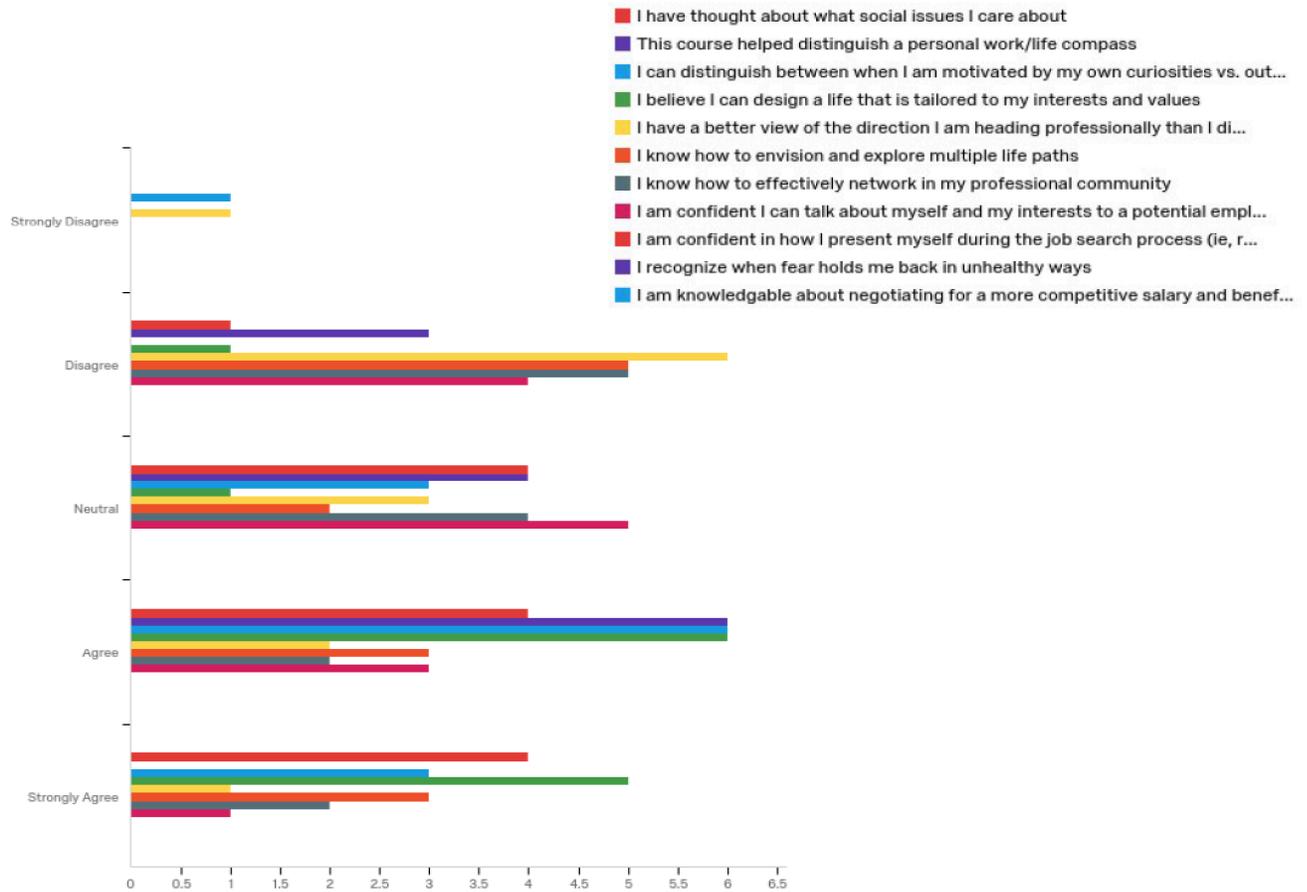
Students in TYL represented a wide array of majors, disciplines, and degrees



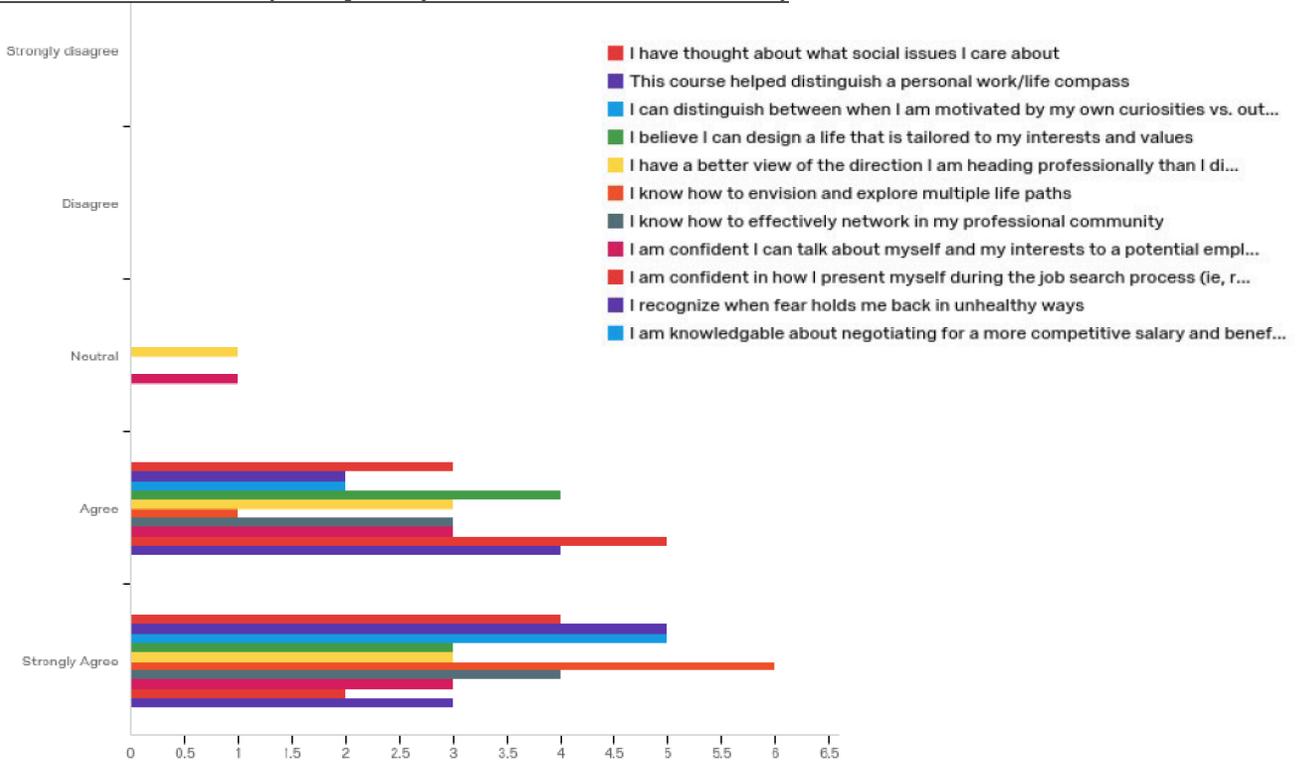
Majors/Degrees represented:

| |
|---|
| BS in Public Health |
| B.S. Public Health and International Development |
| MPH&TM |
| BS in Business Management and Minor in SISE |
| BSM marketing & management and Health & wellness |
| BA |
| Psychology and Gender Studies |
| B.S.M. in Management and Marketing |
| major: marketing; minor: management |
| Public Health |
| B.A., Sociology, Italian, SISE |
| BSM Business, Management and Finance double major |
| BA |

Before TAYLOR Your Life (survey taken before class began)



After TAYLOR Your Life (survey completed after our final session)



What were your greatest takeaways/biggest areas of learning in TYL? How did this program affect your personal and/or professional growth?

“This was a great class and I think every student should take it senior year. This class helped me network and reach out to people on linked in...[it] helped me put my life together and see all the different career paths that I could take.”

“It completely reframed my view of my future. Instead of blindly moving through college and going through the motions, I now know the steps I can take to end up in a career that I enjoy. Because of this class I have a more concrete idea of what I want to do in my future, both professionally and personally.”

“The program opened my eyes to see how many opportunities and resources we have, especially as students, and I feel confident I can tap into any of them to continue on my journey... The class really changed the way I look at things. I didn't realize I had been following a certain path to career objectives based on what I saw in my family and parents... now, I have a changed perspective where I realize I should do things that fit my interests and wants.”

“Before this course, I had no idea what I wanted to do and I wasn't really moving in any direction...., this course helped me discover feasible life paths and determine what I need to do to get there....[it] helped me distinguish my different interests and the potential careers that they could lead to. Creating and constantly updating the action plan helped me see exactly what and when I need to have internships, jobs, and activities.”

“This class helped me gain the skills that I need to successfully interview and get a job. This class has provided me with the skills...for networking... I learned to set goals and timelines for myself in order to stay on top of my job hunt and networking process. I found the activities and class workshops to be super helpful and effective. These are skills that students can definitely hold on to for the rest of our lives.”

“I really enjoyed this class because it broke away from this idea and the expectations students have for life after college. This class encouraged us to look at different prototypes and life paths that may not fit the "norm." In this class, I was given the opportunity to break away from what I am expected to do and figure out what I want to do. The workshops allowed me to help identify myself and my goals.”

“[TYL] Gave me SO many different tools to continuously use as I move forward...the activities are extremely valuable to me and I can always look back on what I did and improve upon it moving forward.”

“I was able to consider an area of my career that I had questions about and feel more confident about what path I am on and the choices I have made. The salary negotiation and networking skills are extremely useful skills that I will use in the future. “

“This class was very helpful as I search for a job upon graduation. It helped me with networking, my resume, LinkedIn, and coming up with potential jobs and companies that I could possibly work for.”

“This experience made me more comfortable about the uncertainty of real life. Visualizing my options in the Odyssey plans was also very helpful.”

“I have never done anything like [this] before. It's crazy to think about where I will be in ten years, but today encouraged me to set goals for my life that will bring me happiness. I also really enjoyed making Action Plans throughout the course. This activity allowed me to map out this semester (and the summer), setting goals and deadlines for my job search....Finally, I felt that Julia was a great instructor for the course. She led the activities efficiently and effectively. Her positive attitude and mentality is super effective. I have never taken a SISE class before. I really enjoyed Taylor Your Life.”

“I learned to really focus on what I have in mind for myself and less on what others have in mind for me. Through my four years at Tulane, I have been in some classes where I am constantly telling myself "this is pointless." I didn't feel this way in this class...**the content covered in this class is super helpful for myself and all other students at Tulane.**”

“I knew I should explore different paths but didn't know how to do it. This program **gave me very useful tools** on how to utilize people I know and other experiences to be able to try new things... Even though the **program was from a career perspective, this is a life lesson that I will take with me** through personal development as well.”

“I really enjoyed the Good Times Journal and the Odyssey Plans... The Good Times Journal really **gave me a perspective on what is valuable to me** and **what I need to spend more time doing**...I think doing this kind of check in with myself and **learning more about my values was very important in my development**...The Odyssey Plan was a great way to **discover what is holding me back in general.** I had all of these different "career paths" I would say in passing but not really believe or agree with or even think could be realistic. Having the opportunity to really write down the ideas and how I felt about them put it in perspective and helped me understand why I never took them seriously (Based on lifeview, economic, moral, connections, etc).”

“Ultimately, **it is not about finding right job, but designing a career/life path compatible with personal and professional interests**....through the activities of this course, **I was able to focus again on what really makes me happy. I am more confident now than ever before** that infectious disease is the correct choice for me.”

“The class really **opened my mind up to thinking about social issues and what ones matter to me.** I realized **I want to work towards improving issues, and incorporating that goal into my career path.**”

“Because of this class, **I was able to determine what I want out of a job, how to balance happiness and work, and the value of finding a career that fits what you need.** Taylor Your Life was a **huge benefit to me** and **probably saved me many years of trial and error** to help determine potential life paths.”

Based on feedback, I will improve/modify this course in the following ways:

- Remove Transformation Teams and have students rotate working with peers throughout the class to allow more feedback/brainstorming from other students in the class, instead of always working with the same group.
- Explore more opportunities for graduate student enrollment:
 - *“I was asked by several graduate and doctoral students (MPH) about this course and where to take it. All of them were very interested in taking a similar course, especially those about to graduate. I believe that this course would be a wonderful option if it were offered (and geared towards) students at different levels. While I found all of the curriculum to be useful, the course might benefit from a more diverse group of students.”*
- Modify the curriculum and activities to explore two different versions of the course for younger or older students (freshman vs. Masters/PhD students)
- Increase time for Resume Swap and Share activity
- Add more quick meditation/grounding exercises at the beginning of class
- Remove assignment listing people you admire
- Increase time spent in class working on design challenges (homework)