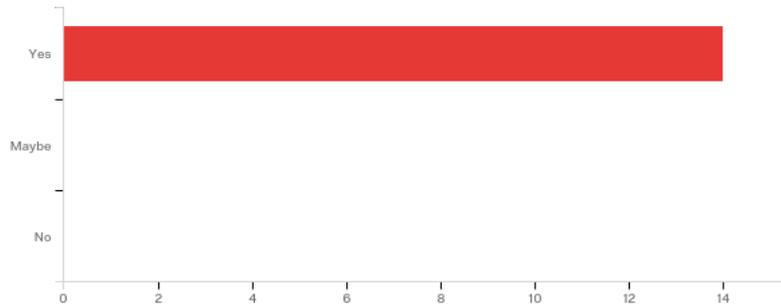
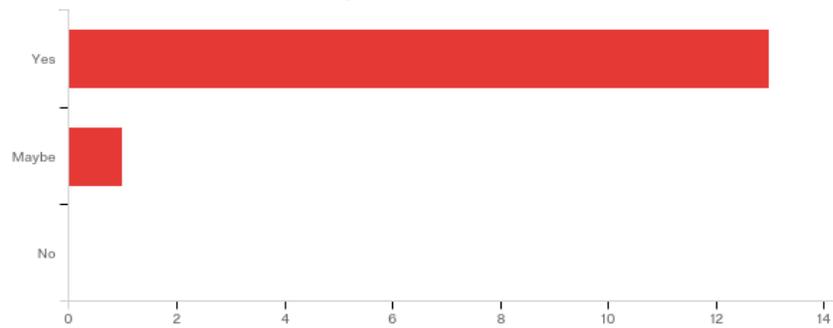


TAYLOR Your Life Fall 2016 Assessment

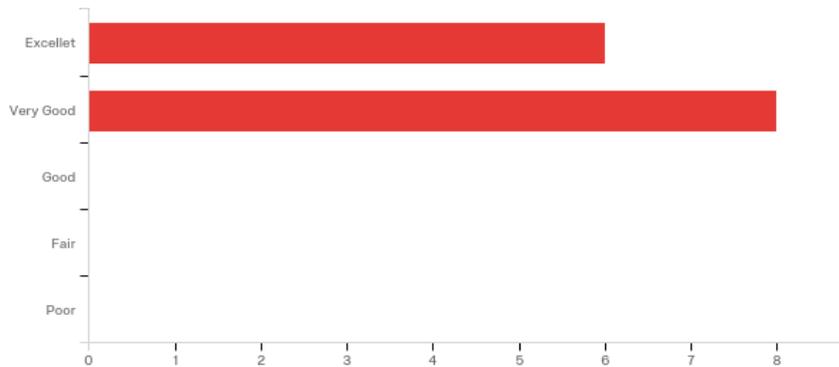
Would you recommend this course to others?



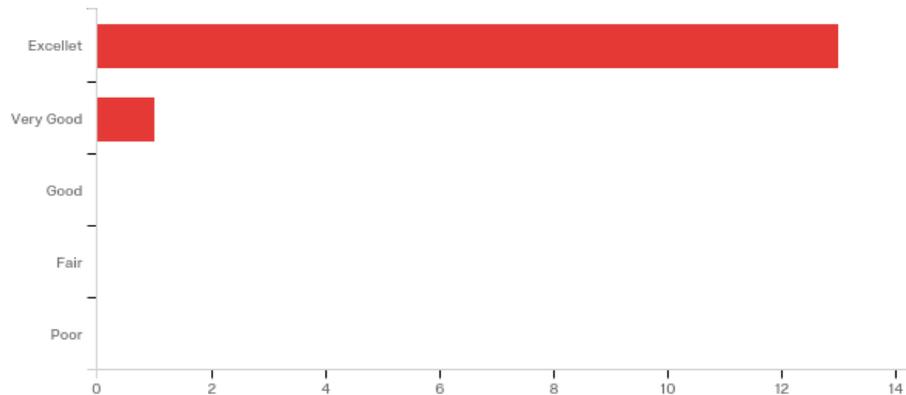
As a result of the course, do you feel more confident about next steps/your future?



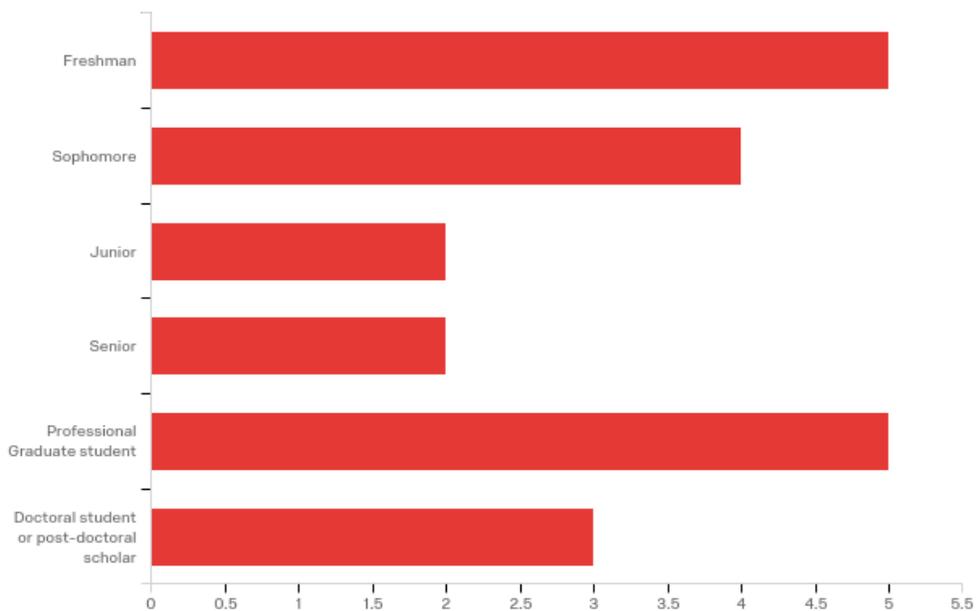
Overall, how would you rate this course?



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:

Business B.A.

B.A. Political Economy

MPH, GCHB, Nutrition

B.A. Business

BSM Management and Marketing

BSPH Public Health

PhD International Development

Political Economy B.A.

BSM, Finance and B.A., Economics

MPH, International Health and Development

MS, Biostatistics

MPH

PhD, Public Health

B.A. Environmental Studies & B.A. International Development

DrPH, GCHB (School of Public Health and Tropical Medicine)

B., Liberal Arts Undecided

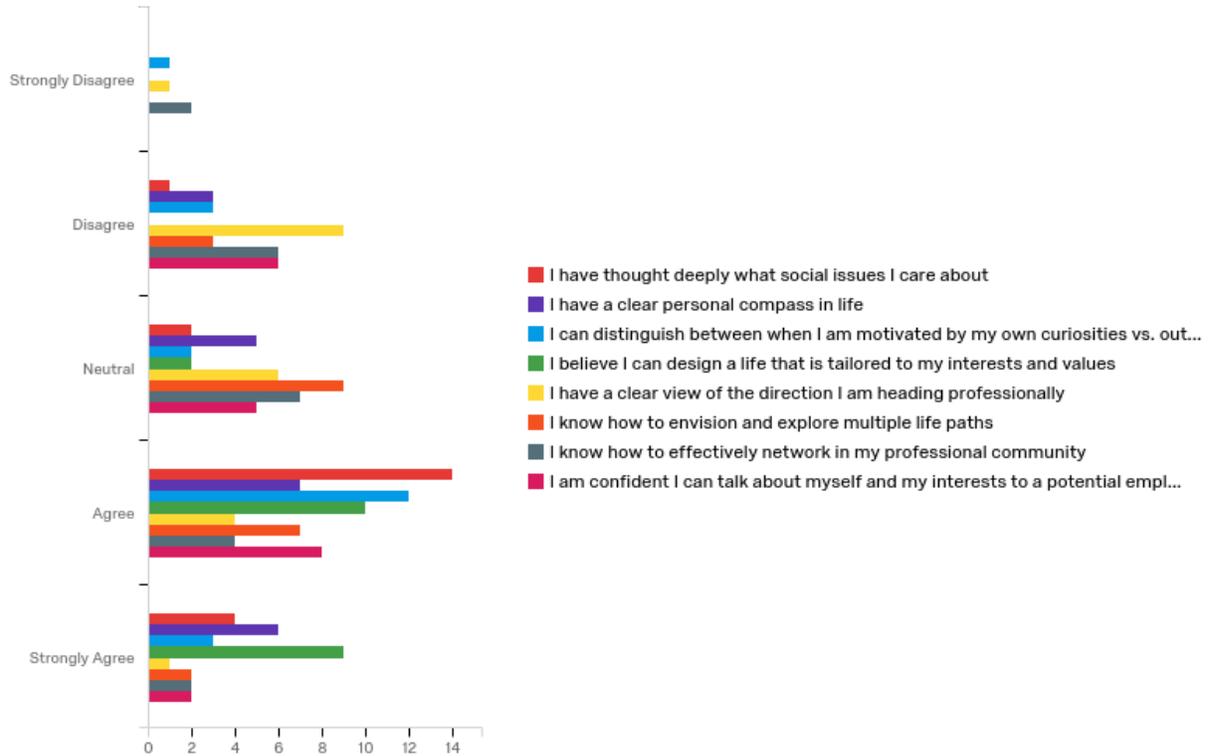
B.A. + B.S.

B.A., Political Science, Communication, Gender & Sexuality Studies.

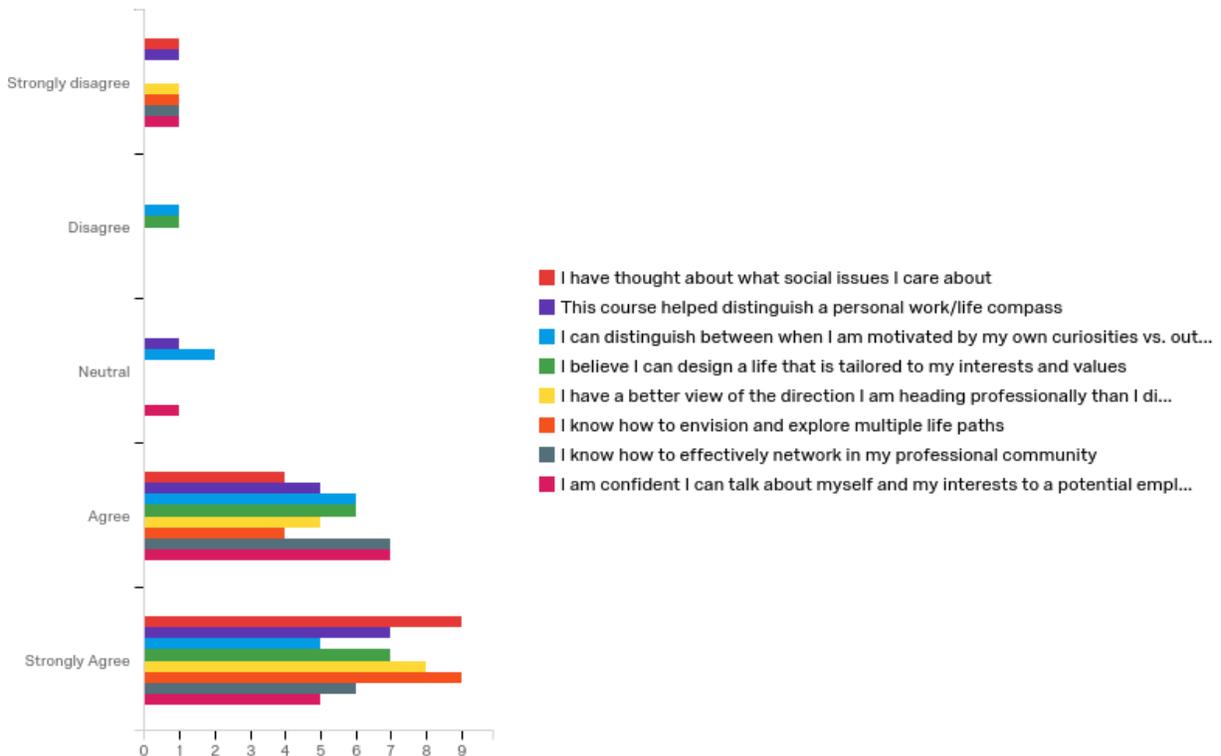
B.A. Political Economy

Public Health - GCHB

Before TAYLOR Your Life (survey taken before class began in October, 2016)



After TAYLOR Your Life (survey completed after our final session in December, 2016)



How did this program affect your personal/professional growth?

"I have been to tons of career service workshops/seminars over the course of my years at Tulane, but **none were as personal or "taylor-ed" to my specific areas of interest and my non-professional life goals as TYL.** The program helped **change my perception of networking** and helped me feel more prepared and confident to **network with professionals in my field.** It also provided lots of **thoughtful discussion, reflection, and resources** for us to visualize my loftiest goals. I no longer feel silly considering every option - from professional mountain climber to UN official - and prototyping what each might look like." – Graduate Student

"I am very grateful I took this workshop. Already have went ahead and recommended it to my close friends. This is a **very different approach to the job search** than I ever have experienced. I **hope this replaces CRDV classes (lol).** Or at least they adopt a lot of what we did in this workshop."- Senior

"I feel much more confident and comfortable about my **professional future.** I am **excited to prototype and explore life paths,** rather than scared--as I felt prior to this course. I feel **empowered to create change** in the world in a way that will also make me happy. "- Graduate Student

"This program shook up what I thought I knew about my future, which is scary and confusing, but I am glad that it did. I now know that I need to do some serious soul searching, and I have a number of tools to help me do so. This class was a great introduction/crash course to the types of brainstorming and soul searching that I need to be doing in my life." – Senior

"I wanted the five weeks to be longer, and I'm really happy to hear that the class is going to be extended for a semester. I **found it much more helpful that my regular career development class last year, also a semester long.**"- Senior

"It really helped me reconcile my various interests and potential life paths, while also helping me **identify ways to discern what truly interests and motivates me.** I also was able to eliminate certain options through seeing that they did not match my goals, and mindmapping really helped me see how much of what I thought was unrelated is actually connected and overlaps with my other interests. **I now feel very confident taking the next steps on my career path,** knowing that I am **preparing myself for a multitude of possibilities** in my future, and also knowing that I am **building up the skills and experiences necessary to have a job and lifestyle I love after Tulane.**" – Sophomore, Business

"TAYLOR Your Life gave me the opportunity and insight into exploring potential future opportunities and lifestyles for myself that I had **not previously thought of.** I went into this program clueless about what career path I wanted, and while this program definitely opened my eyes to many questions I need to figure out, it more importantly gave me a **positive sense of direction in the path** I want to head down and the **motivation to start exploring** my options now."- Freshman

Taylor Your Life it helped me to understand the **power of networking and importance of actively pursuing opportunities rather than falling into a job.** I helped me realize that **I can really make my "changemaking" career** what I want it to be, if I just take the time to learn what's out there and **prototype possibilities.** Additionally, developing my Resume, LinkedIn profile, and personal pitch were all things I knew I needed to do for a while so it was great to have guidance and actually do it. It also helped me to **think more concretely about what I want to do** and even though I still really don't know, at least I've started to narrow it down and think in more specific terms. And I **now**

know how to network (via LinkedIn and personal outreach) **in order to find out where I might want to go and how to get there.**" – Sophomore

"I feel more **confident talking to people** in the fields of urban planning and design, whereas before I was really self-conscious. And now that people know I'm looking for people to talk to about design, they'll connect me without me specifically asking and it's so helpful! **I've also started to put myself in spaces where I'll meet interesting people**, like the Design as Protest event this week at the AIA New Orleans Center for Design. Additionally, going further than daydreaming other career or life paths and writing about them has made me a little **less stringent and nervous about "wrong" steps.**"- Graduate Student

"I felt this course was **very well designed**. The workload was manageable and also very well correlated to what we did in class... I feel this **course was highly beneficial to me and to the rest of the class.**" Sophomore

"Thanks for offering this class, I really found it helpful and as a business school student guided along a "moving walkway" to finance/corporate jobs, it was **really good to join a community of people who also want a social focus to their careers**. It helped me **expand what I am considering as options** after graduation and **opened my eyes to what issues matter to me** and what are some of my "non-negotiables" that I am currently not spending enough time on. Thanks again." Sophomore

"I **learned how to network**, which I was shy about before but I realize that it is very important and not embarrassing. It **felt good to talk about my dreams and passions** out loud with strangers. This made me feel empowered that I can do the same with potential employers or my peers." Senior

"This program helped me **feel more comfortable with considering career paths I was too afraid to look into** because they were different from what I had thought previously." –Freshman

"I've **learned a lot from this program and it's inspiring**. It taught me how to define myself and what I really want to do...especially the different kinds of mind "maps" helped me learn what I may really want to do subconsciously."- Graduate Student

What activities did you enjoy most?

"The **networking game** has worked wonders on my professional confidence. This has come at a time when I am already reaching out to people without prior introduction because of the Fund 17 Fellowship planning, and thus these two programs have complimented each other as they relate to my growth. Through getting "forced" to have these unfamiliar conversations, I am getting more comfortable with them. I know I will carry that comfort past these two experiences, which I am excited about."- Graduate Student

"Getting my **LinkedIn** and **resume** updates were essential activities this semester, especially after I had worked so hard this summer. Creating **succinct and attractive descriptions of my experiences and qualifications** has always been intimidating to me, and I was selling myself short/creating roadblocks to applications by not having those things done." -Graduate Student

"The initial **Family Influences** activity was really moving. It helped me identify and accept that there are some ways that I do not want to live my life. I have felt obligation to create those conditions because my loved ones have normalized them, but they do not have to be my standard. The activity also created a compassion around those things my family does that I don't feel comfortable with, because it requires you to visualize individuals and imagine the origin of their motivations/conditions." - Graduate Student

“The final day with the **meditation session** was my favorite activity, but that might just be the **culmination of the entire program**. I also thoroughly enjoyed the first day with the **family influences**, which made me think deeper about outside influences on my perspective of a career. **Mindmapping** was also incredibly enlightening.” - Sophomore

“**You Are Here Now** - great way to kick off the class / **Good Times Journal** / **Head/Heart/Hustle** - really liked being able to throw anything out there, no matter how ridiculous / **Resume Pass** - would have liked a little more time for people to give feedback / **Fear and Failure** - super helpful for us Type A folks / Review **LinkedIn** / **Prototyping** / **Life Design Interviews** - so helpful and relevant, great timing around Thanksgiving / **Community Mapping** – was great/ **Mindfulness Dream Gig** - uncomfortable and challenging but interesting conclusion / **Letting Go/Moving On** - perfect way to end / / Let's hope and pray this never has to happen again - but I really enjoyed our **election debrief**. I've kept all those thoughts in mind as the last few weeks and political developments have progressed.” – Graduate Student

“**Mindmapping**, the **good times journal**, the **odyssey plans**, **resume reviews**, **prototyping**, **dream gig journal entry**, **community mapping**, and the **mindfulness dream gig activity**.” – Sophomore

“**Work View and Life View Manifestos**, **Fear & Failure**, **Networking Game**, “**tell me about yourself**,” and **mindfulness dream gig activity**” –Graduate Student

“I enjoyed the activities that **focused on creatively thinking about potential future paths** like the **Changemaking Jobs Testing and Action** and the **Life Design Interview**.” –Freshman

“**Mindful Dream Gig activity** and **Head, Heart Hustle**...[they] allowed me to put all my thoughts and ideas about my future down onto paper. Both these activities **definitely helped me to envision a probable course of action for the next few years**. This course has taught that **even though the path may not be crystal clear, the journey will be a continuous learning experience**.” – Sophomore

“I loved the **closing meditation and fake party reunion**. Exercises where you **practice living the life you want to live** are incredibly beneficial and motivating. It **left me feeling ready to continue networking and discovering opportunities to get to that life I want** in ten years.” -Senior

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

- Allow more time for activities and reflection (in spring 2017, the course will be eight 1.5 hour sessions instead of five 1.25 hour sessions)
- Focus more on the Transformative Action Teams and require them to meet outside of class
- More team building early on to build trust and relationships among participants
- More time to review activities completed at home in class
- Add time estimates for assignments
- Encourage students to use sketch books to complete assignments (similar to the visual diary in Design Thinking)
- Add more mindfulness activities ([Meditation for Changemakers](#))