Resources in Tulane’s Life Design Courses
This list includes readings, videos, and podcasts

Networking
- How to Tell a Career Story” and “Easy Trick”
- Career Resources for AHANA Students
- TED Talk: The Secret to Great Opportunities
- An Introvert’s Guide to Networking
- Networking During COVID
- How SES Impacts the Way We Network
- A Lack of Sponsorship Is Keeping Women from Advancing into Leadership
- Research: Black Employees Are More Likely to Be Promoted When They Were Referred by Another Employee
- Hiring Discrimination Against Black Americans Hasn’t Declined in 25 Years
- 8 Steps to Informational Interviews
- How to Network: 18 Easy Networking Tips You Can Use Today

Failure/Imposter Syndrome
- Advice from a 1st Generation Student Navigating Imposter Syndrome
- You Are Not Here by Mistake
- Why Imposter Syndrome Looks Different in BIPOC
- Yes, Impostor Syndrome Is Real. Here’s How to Deal With It
- Failure Is Not An Option: The Pressure Black Women Feel To Succeed
- “6 Psychological Barriers that Successful People Conquer” and The Privilege of Failure
- “In What Ways Does Privilege Determine How ‘Lucky’ We Are?”
- For Women in Negotiations, the ‘Imposters Syndrome’ Can Be Problematic
- TED Talk: Justice By Design
- Music and Life

COVID + Career/Personal Development
- Graduating In A Pandemic: Advice For The Anxious Post College Job Search
- Starting your career in a Pandemic episode--Women at Work
- Understanding the impact of the COVID-19 pandemic on career development: Insights from cultural psychology
- Fixed Mindset vs Growth Mindset: How To Shift To A Path Of Learning And Growth
- The role of culture in decision making (Cutter It Journal)
- Tackling Heropreneurship
- How to Navigate a Job Offer During COVID

Money/Negotiation
- Asking for salary history perpetuates pay discrimination from job to job
- Negotiating Salary as a First Generation Low SES Professional
- Women’s Most Powerful Negotiation Tool: Silence
- Why Recent Graduates Don’t Negotiate
- Career Tips for First-Generation Grad Students
- How to Negotiate Salary Like Your More Privileged Peers
- Quantifying America’s Gender Wage Gap by Race/Ethnicity
- Racial, gender wage gaps persist in U.S. despite some progress
- 7 charts that show the glaring gap between men's and women’s salaries in the US
- Investment and Retirement Calculator
- Women & Retirement
- Federal Paycheck Calculator
- Quantifying America’s Gender Wage Gap by Race/Ethnicity
- Negotiate Job Offers
- Job Offer Evaluation Checklist
- 4 Negotiation Tactics for Introverts

Financial Resources
- How to Buy a Car
- Life Kit: Money
- How to Spend Less Money, Starting with a Budget
- How to Survive College When Paying Own Way
- Boost Your Credit Card IQ
- The College Investor Audio Show
- Ultimate Guide to Renters Insurance
- How to Create a Budget
- FICA Tax
- Ultimate Pet Insurance Guide
- DIY Taxes
- How to Improve Credit Score and Why Care
- How to Prevent Identity Theft
- Best Ways to Save Money in College and Live on Tight Budget
- How to Fill Out FAFSA and Why It Matters
- What Does It Mean to Be Financially Stable
- Ways to Minimize College Debt
- You Need a Budget Now