

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](#)
- [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](#)

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

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](#)