

Taylor Your Life

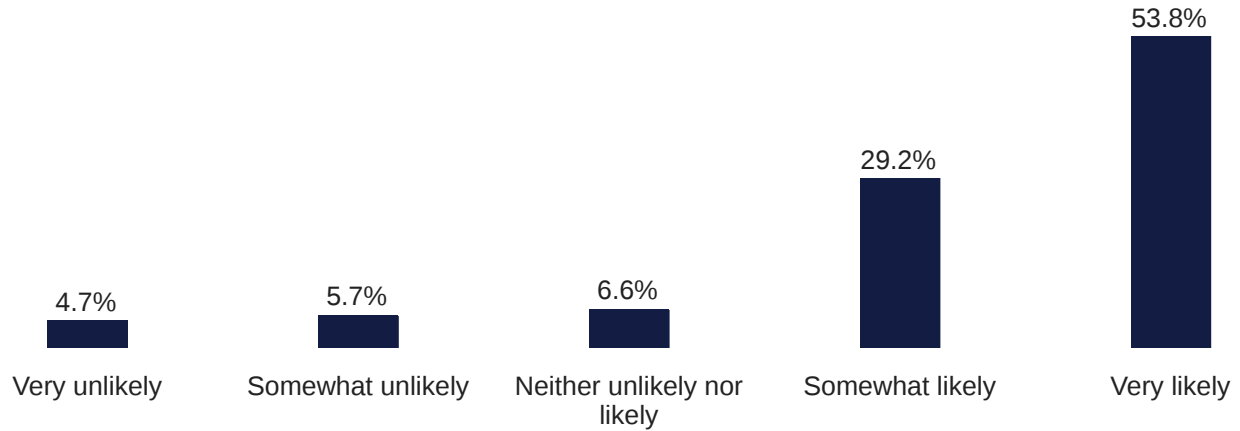
Spring 2023

Final Report All Sections

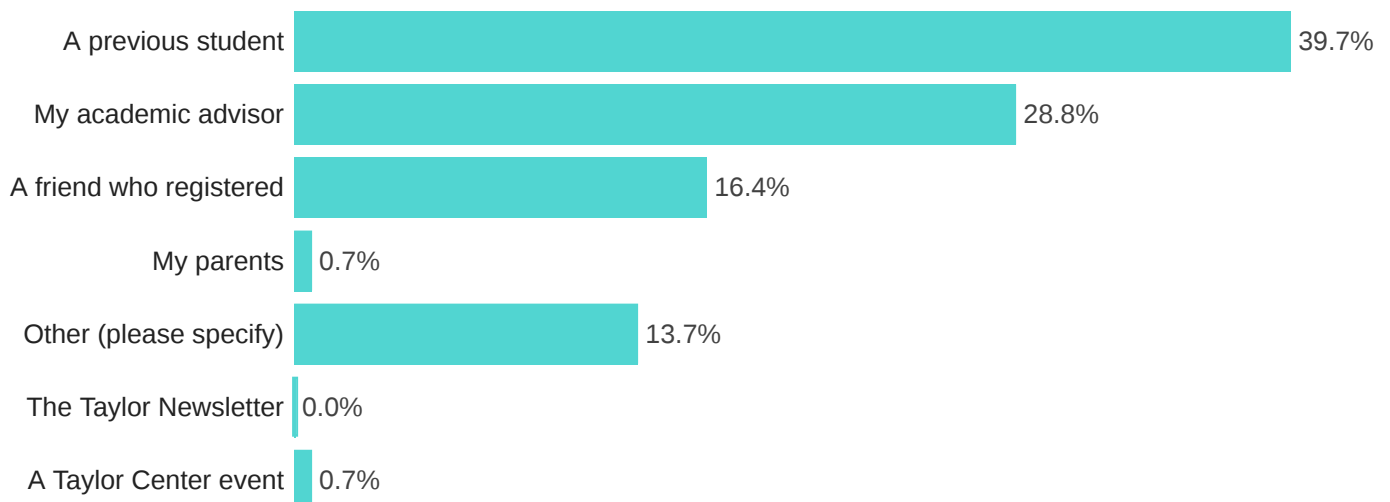
Pre-course Survey Respondents: 147 students

Post-course Survey Respondents: 106 students

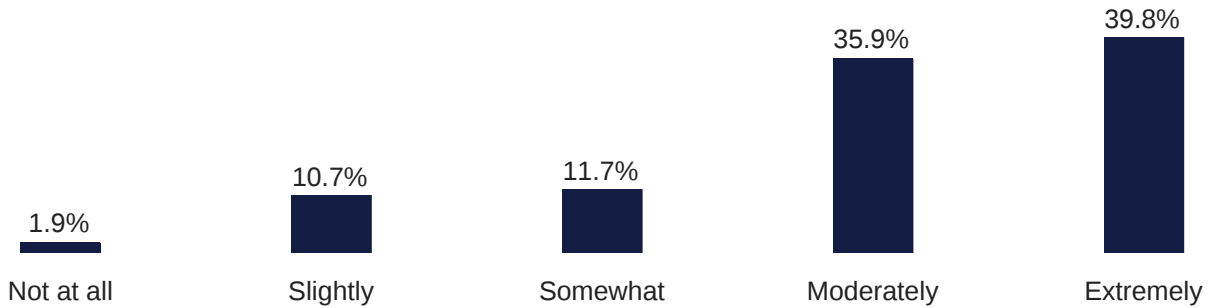
How likely or unlikely are you to recommend this course to others?



How did you hear about Taylor Your Life?

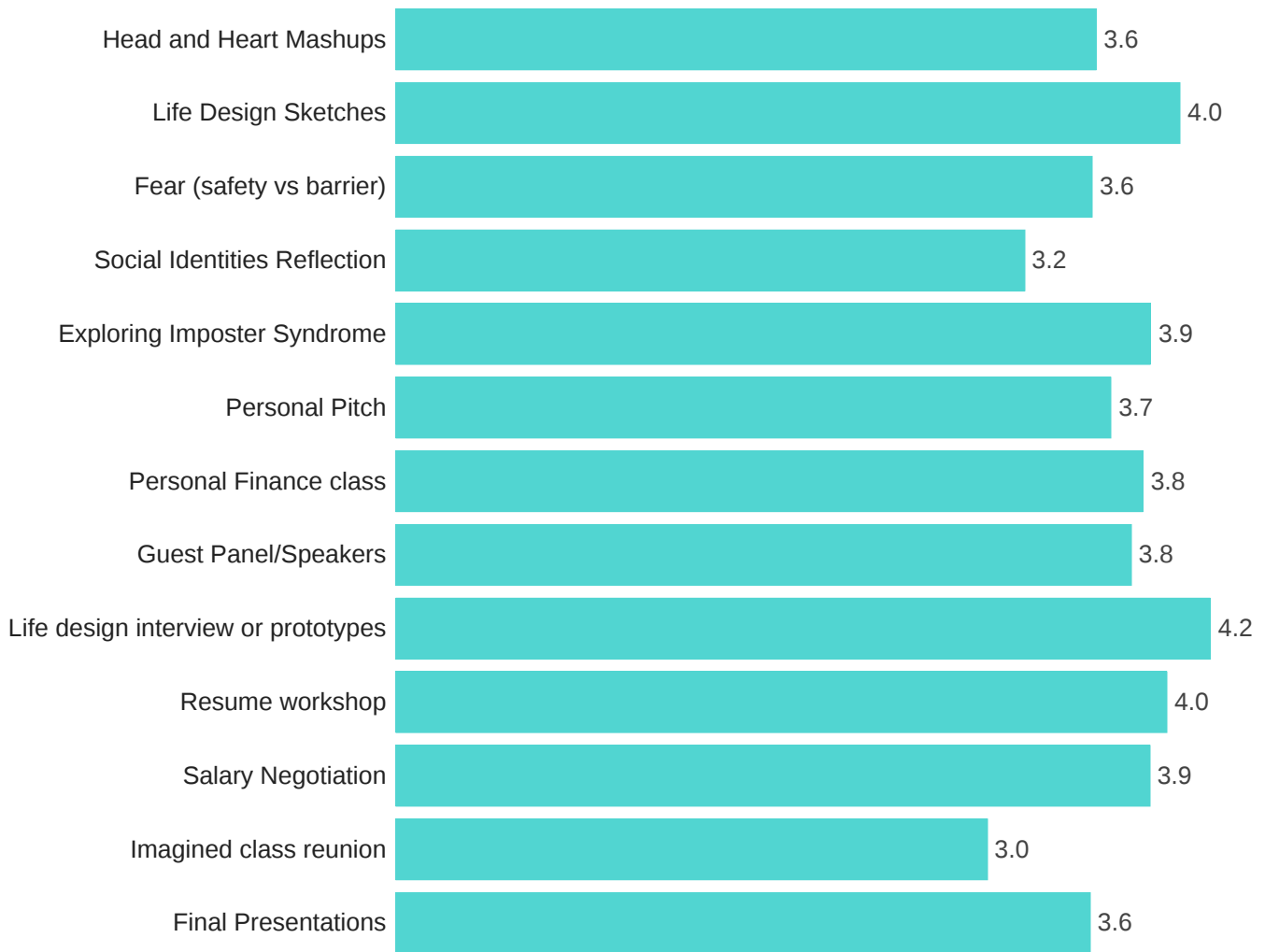


How much has Taylor Your Life shifted the way you think about your career or future?



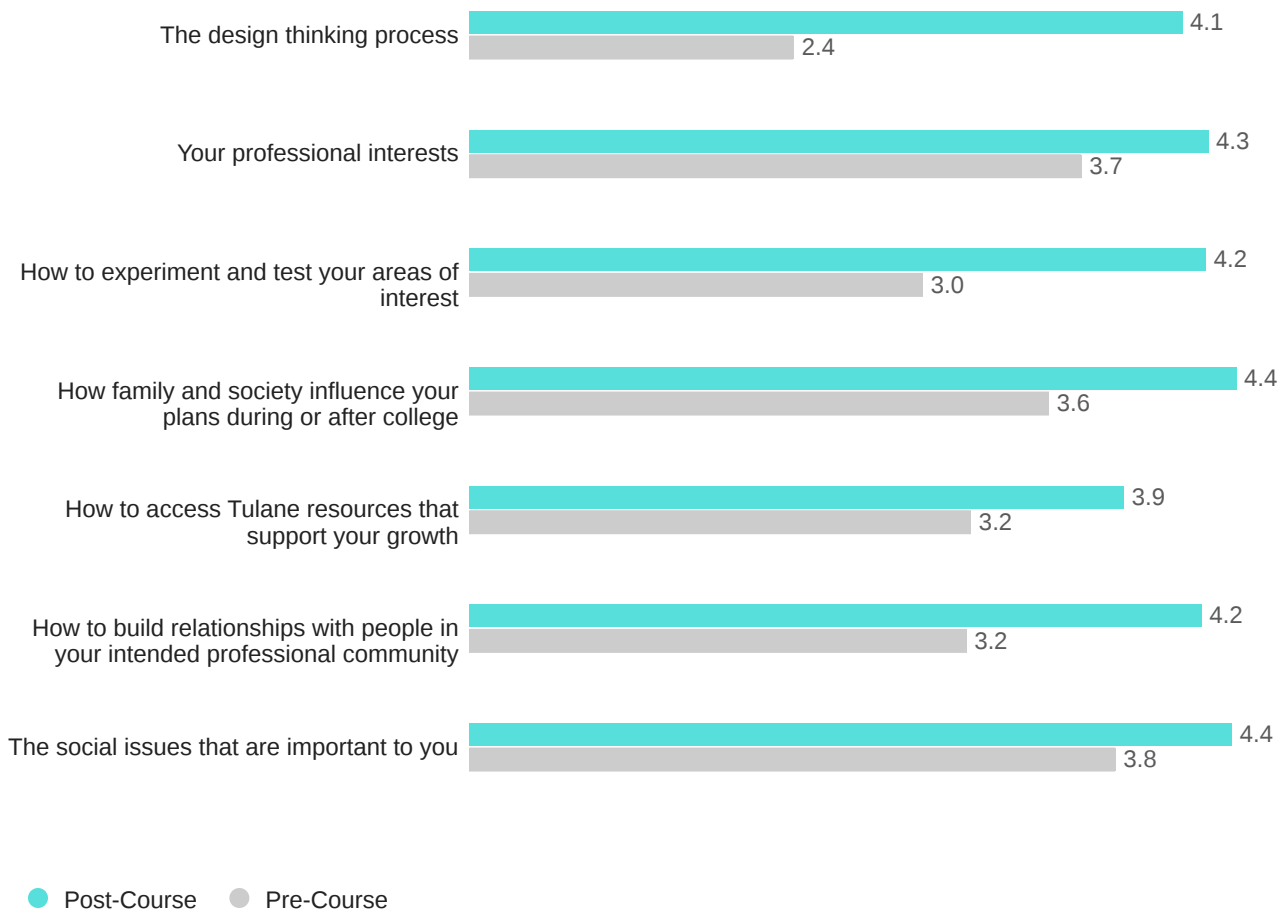
How useful was each module or activity?

0 is least useful; 5 is most useful



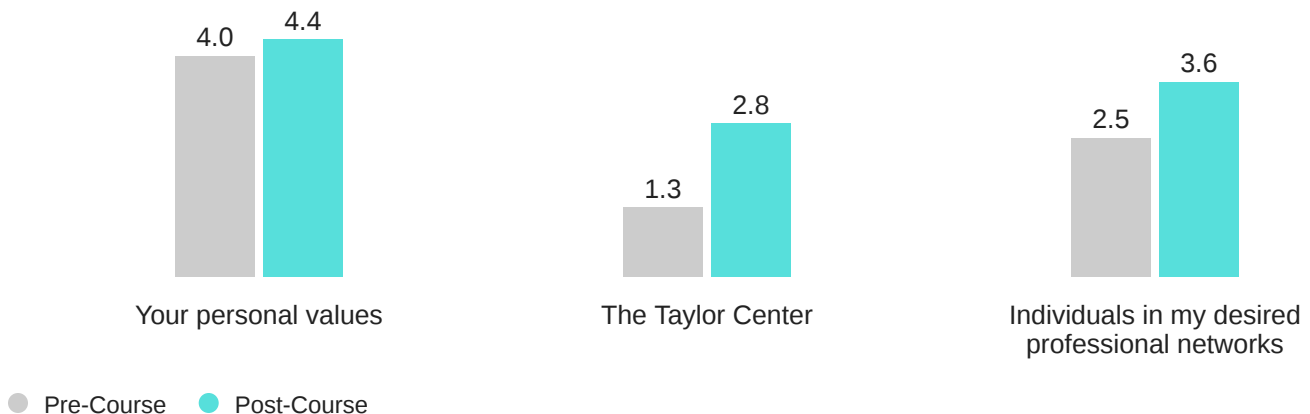
How knowledgeable are you about ...

1 is least knowledgeable; 5 is most knowledgeable



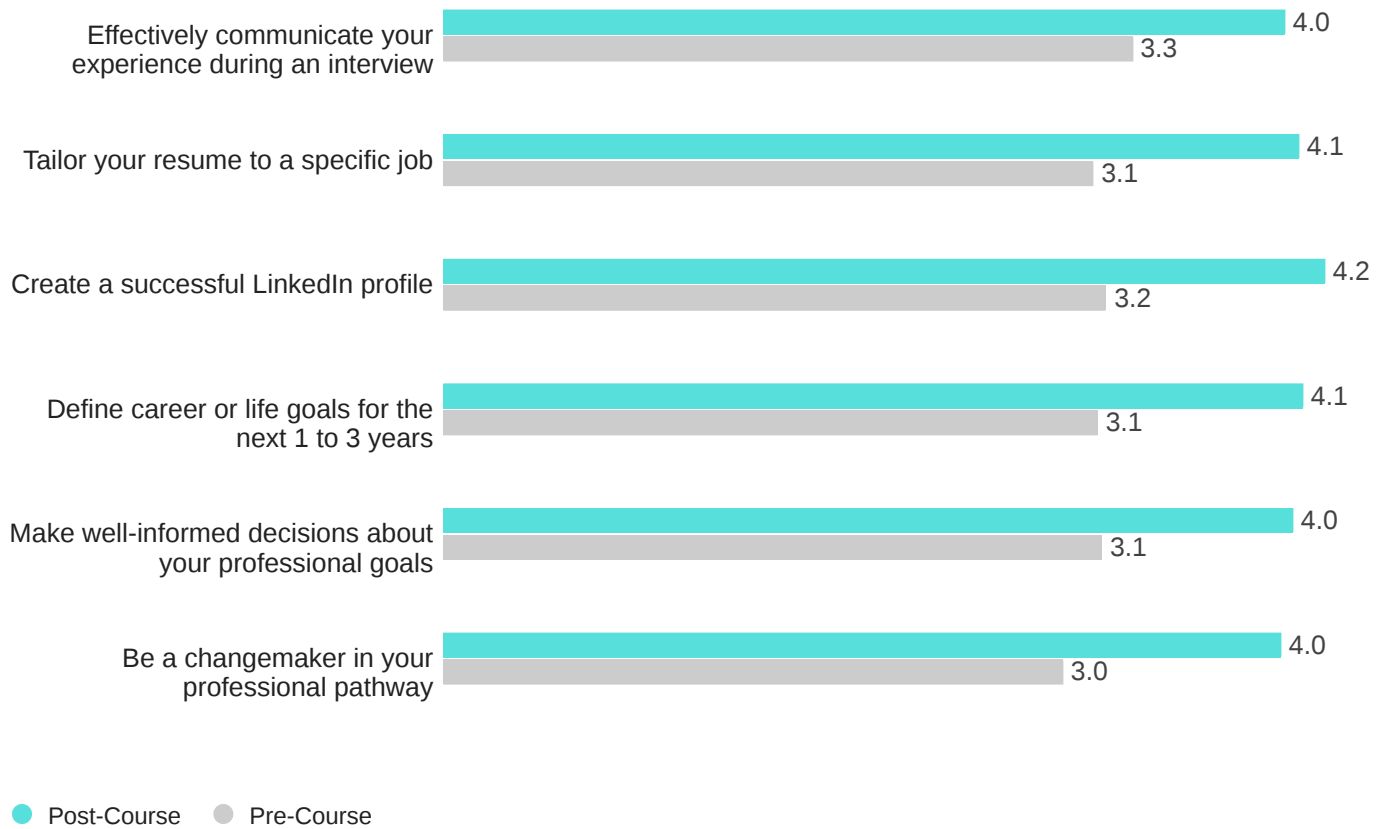
How connected do you feel to ...

1 is least connected; 5 is most connected

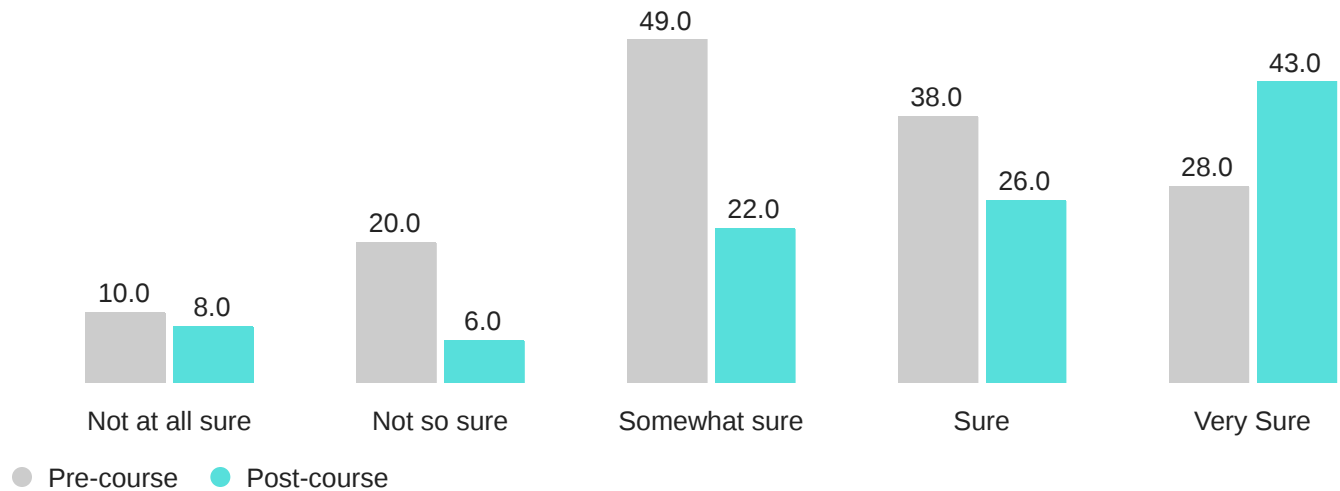


How confident do you feel in your ability to ...

1 is least confident; 5 is most confident

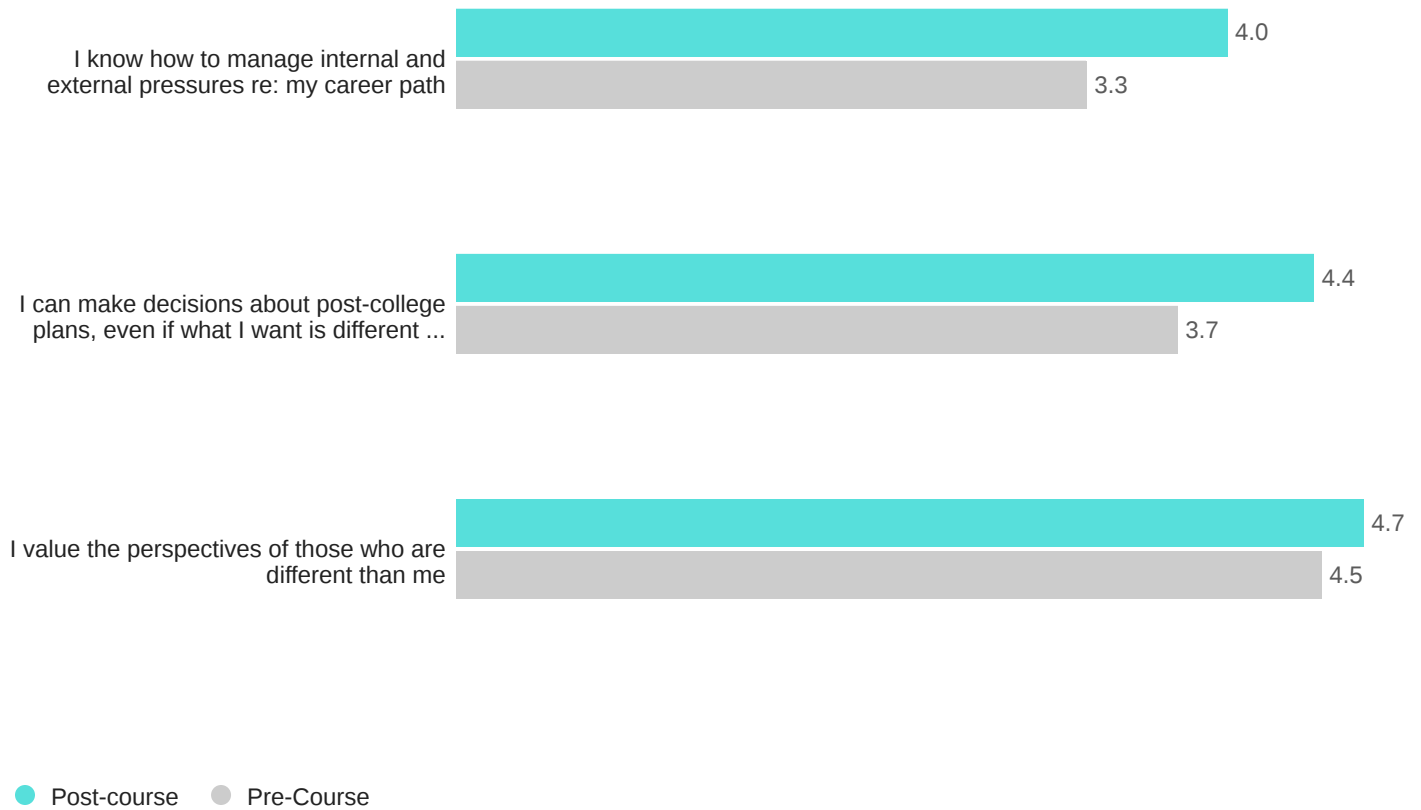


How sure are you about what you want to do immediately following graduation?

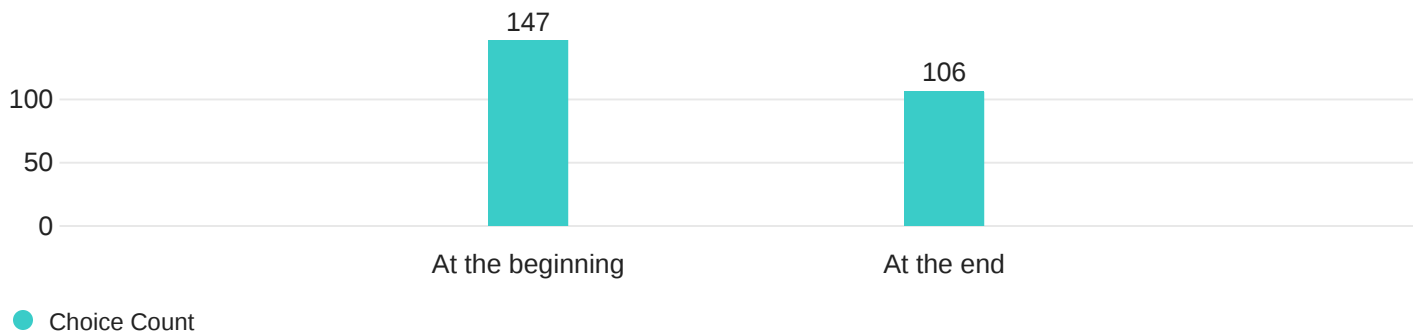


Do you disagree or agree with the following statements:

1 is completely disagree; 5 is completely agree



Are you at the beginning or the end of the Taylor Your Life course?



What was your favorite Taylor Your Life module or activity, and why?

Imposter syndrome because I found it to be very applicable and important to remember!

I really liked the design life sketches because it gave me an opportunity to explore career paths I otherwise would not have

I really enjoyed the Life Design sketches because it gave me an opportunity to explore possible life paths and put myself in the headspace of going beyond my past envisions for what my career path might look like

Life design sketches, it helps laying out my different career possibilities.

My favorite activity was the life design sketches I felt it was very useful and informative.

Prototype interview

5pt emails

I really enjoyed the life design sketches because they forced me to think about my future.

I thought that the modules on networking and resume building were really interesting and practical to daily life!

N/A

I really enjoyed the head and heart module/activity. Having to take the time and think about what exact values align with my future professional career was very useful. It reassured me that I had made the right decision in choosing dentistry.

My favorite activity was the life design sketches because it forced me to go beyond thinking about my future and made me put it onto paper. Writing it down made me consider things that I wouldn't have by just thinking about it

Head and Heart because it helped me think about what is meaningful to me with regards to my work

My favorite module was the networking one because it helped me prepare a script

Life design sketches because they allowed me to plan out three possible career plans for my life and learn about how to accomplish them.

I liked the final presentation. Summed everything together well. And that it was a recorded video.

My favorite Taylor Your Life Module/activity was the imposter syndrome/fear journal. This activity made me learn so much about myself and the reasons for some of my fears. It was relieving to know that others are experiencing similar feelings that I am having.

I liked the budgeting activity. As a graduating senior, a budget is something I am going to need to take a lot more seriously, so it was good to get a head start.

I liked the authentic introduction, head heart mashup, and freewrites. These all brought ideas out of me that I never had before.

The head and heart module because it allowed me to really look into what I want and how those things can be merged

fear vs failure and the life design sketches

I felt that these assignments provided me a different perspective of my personal and professional life and pushed me to take chances and learn from mistakes.

life design

The heart and head activity because it allowed me to combine my passions with my skills.

My favorite activity was the heart and head activity because it allowed me to match up the things I am passionate about with my skills to foster a career that combines both.

I enjoyed the feat module because it brought the class together

My favorite activity was the Workview & Worldview because it guided my entire semester in my life design sketches, prototypes, and even other activities such as salary negotiation.

life design sketches

The three interviews that we conducted for our prototypes.

I really enjoyed the resume-building workshop, as it was one of the first times that I got genuinely constructive feedback on my resume. Also, I had never heard of VMOCK, and learning about it absolutely transformed my presentation, which I am incredibly grateful for.

My favorite TYL activity was prototyping my life design sketches because I feel it is a great way to explore what you love.

The Worldview & Workview & Head & Heart because it forced me to be incredibly introspective, honest with myself and others, and think critically about aspects of myself that I have not yet considered comprehensively or thoroughly.

negotiations - coming from a woman entering the workforce, it is extremely useful to learn/test out new skills and strategies to navigate colleagues and superiors

My favorite activity was exploring the prototypes and life design sketches we created for ourselves. It made the hard work throughout the semester of resumes and cover letters worth it because it came to life.

My favorite activity was the life design sketches. It was really cool to have this free range of creating any career out of the things we enjoy in life.

My favorite activity was the life prototypes where I had to speak to people. I found it gave me a new lens into a job or degree I was looking into pursuing.

Workview vs worldview

The guided meditation of body storming was such a unique experience. It reminded me that amongst all of the uncertainty that lies ahead post-graduation, there's so much to look forward to in our lives and the journey is only beginning.

My favorite activity was conducting the life design interviews because it was extremely beneficial for my job search. I also really enjoyed looking at everyone in the class resumes anonymously.

The life design sketches because this assignment is the one that helped me the most and allowed me to expand my viewpoint the most.

the letting go activity at the start of the semester because it felt good to let go of things I have been holding onto

Linked in creation and edit

I liked the life design sketches because it gave me a more tangible idea of things I could do and what life might look like.

I really enjoyed the prototyping activities; they enabled me to make valuable and genuine connections with people who currently hold careers I would be interested in exploring.

I liked learning about salary negotiation because that had not been taught to me before and it is a skill that will be beneficial even if uncomfortable.

Anything about salary negotiations, resume workshops, or job search. Felt like it was the most applicable to real life and I have already used those skills a lot.

I think my favorite activity was identifying the fears in class. It was really interesting to see what was repeated or shared by my peers in the class and the conversation that followed was both helpful and enjoyable as it felt personal.

Resume Workshop

Resume Workshop because it forced me to work on my resume which I wouldn't have done otherwise because I am lazy and if it's not a school assignment, I don't wanna do it.

I enjoyed when the recruiter came and talked to the class because it was really helpful to hear her tips for interviewing because that is very relevant in my life right now.

My favorite TYL activity was the salary negotiation activity and its homework. I have always known about negotiating your salary, but I never knew how to approach doing this. This activity helped put us in a real life scenario.

I really enjoyed having the guest panel speakers come and speak to us as well as the resume workshop class and all of the life design prototypes and interviews we did as they ultimately led me to finding an internship and building great connections.

My favorite activity was the informational interview prototype. It helped me to reach out of my comfort zone, connect with other, and find answers and insight to things I would not have known.

My favorite activity was the information conversation prototype. It encouraged me to step out of my comfort zone and work on connecting with others in my potential field.

Personal finance, because its actually useful information for everyone, not just the people who plan every minute of their lives

I liked the guided mediation. I think if we did that at the beginning of the semester and then again at the end, we could see any differences.

I personally really enjoyed the exploring personal identities activity at the beginning of the semester because I feel like it really allowed me to accept who I am and where I am in life in terms of my family, socioeconomic status, abilities, leverages, and more. This class very much resonated with me!

Definitely conducting the life design interviews because I had meant to do informational interviews since I'm a graduating senior and so it was great literally being required to do them.

Going over networking and finances

Salary Negotiation and Resume workshop because they are essential skills for graduating seniors

I enjoyed the prototyping activities because they held me accountable for talking to professionals in careers that I am interested in. I also enjoyed the authentic introductions, resume, salary negotiation, and other activities that prepared me for applying to jobs.

My favorite activity was the most recent meditation/where do you see yourself in 10 years. It was fun to hear what my classmates hope their lives will look like in 10 years from now.

I really enjoyed making a vision board for extra credit because it allowed me to visualize my goals while also giving me a creative outlet.

Life design sketches- I'm able to refer back to it throughout the semester

I really enjoyed the workshops where we worked on our resumes, LinkedIn, and our personal pitch.

Loved the salary negotiation and budgeting, they are things no one has taught me about so it was so helpful to have someone walk me through it all

My favorite module was the salary negotiation section because it was very helpful and informative.

I enjoyed getting feedback about pitches and resumes that provided an immediate benefit to job searching

I really liked the informational interviews as they were a great way to build connections and get out of my comfort zone. Resume building was also helpful, although I would've wished the professor gave more feedback on those.

I think that the reflections we did on why we have the views on career that we do (based on family) was my favorite. I think that it helped me break down some of the fears that my parents have passed down to me and allowed me to explore a different potential for my life designs.

Learning about psychological barriers and how to get over them so I can overcome my challenges.

Head and Heart was my favorite because I was able to define myself more and it served as a guide for my career

I liked the authentic introductions because I never know what to say to introduce myself

finance

Prototyping

My favorite TYLR module was the one about finance. I enjoyed discussing budgets and learning about retirement savings a lot!

Resume and interview prep- I felt that it is going to help me the most with getting a job post college.

My favorite activity was the life design sketches. This made me really see what I want my future to look like and what steps I can take to get there

I enjoyed tailoring my resume. This is an activity I usually overlook but it was great to learn the best ways to do it and I will make sure to do so going forward!

My favorite activity was creating life design sketches because I completed them at a time when I had no idea what I wanted to do, even in college. Doing this activity gave me some options to think about.

My favorite Taylor Your Life activity was the life design sketches because I completed the assign

I liked the prototyping activities because they forced me to reach out to people within my network and helped me create new connections and a better understanding of what I want to do.

My favorite part of Taylor Your Life was getting to listen to the guest speakers. This was my favorite part because we got to hear outside perspectives, and ask questions to people in fields of our interest.

The Life Design Sketches most resonated with me and provided me the opportunity to visualize my future in a tangible, step-by-step way. I am deeply grateful for this specific activity and look forward to materializing the different possible realities in my own life.

I think that the resume module was most helpful because that is the most important aspect of any job application. We learned that resumes get looked at for 30 seconds and will get rejected if there are any oddities, so it was really important for classmates to review each others' resumes and point out any potential issues. I also think any activity related to networking/the importance of networking is crucial to understanding how the job market works and how to best approach trying to get a job.

Informational interviews because it shows people who haven't done it before how important it is to utilize their network or how to network. People in industries have great tips and can provide great connections for you.

Salary negotiation discussion! This was helpful for me to better understand salaries.

My favorite activity was prototyping.

my favorite activity was doing resumé workshops and learning about dos and dont's or resumé's because this is real life experience i need

I think my favorite Taylor Your Life activity was the design sketches. I think that it was very helpful to envision different paths you could take in the future and explore other options instead of focusing on one thing and putting your eggs all in one basket.

I enjoyed the Head and Heart activity since it allowed me to see the careers that fit with both what I love and that make sense to me in my head. Also, the life design interviews allowed me to get out of my comfort zone and talk to people I probably wouldn't have if I wasn't assigned this.

My favorite activity was honestly the resume workshop. I think it is super important that we get feedback in person from others because I never had much of that before.

I have not completed the class yet.

N/A

My favorite activity was the Life Design Sketches, because it was such a stretch of imagination that changed throughout the course.

Life design sketches!!!! Best way to have various life plans sketched out rather than just having random ideas floating through our heads.

Head and heart! Really helped me map out different career paths

Workview & Worldview - made me think very logically and authentically at the same time!

I loved the salary negotiations and resume writing workshop activities

Life Design sketches because I got to explore what my future could look like if I went down three very different paths.

I really enjoyed the discussions on imposter syndrome, that helped me realize how common it is and how it isn't always unfounded. I also enjoyed all of the prototyping, gave practical help to my future.

I particularly loved the short meditation we held in class that allowed me to explore what following a path that would lead to multiple positions in ten years could lead to. As I shared in my final presentation, this felt extremely intimate and revolutionary of an activity for me. However, I now use the head and heart mashup sheet to make other important decisions in my life so I can reach an area of personal compromise that feels just and fulfilling.

The authentic introduction because I felt like I learned more about myself and was more vulnerable than I usually am.

I really like the free talk part which really taylor my life.

I greatly enjoyed the Life design Sketches assignment, class group discussions, and the Guest speakers session. All of these encouraged me in a constructive way to explore alternative creative career paths.

My favorite was the life design sketches because it helped me define what I want to do when I graduate