



Life Design for International Students

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What is Life Design?

An approach which applies the principles of product design to personal and professional development

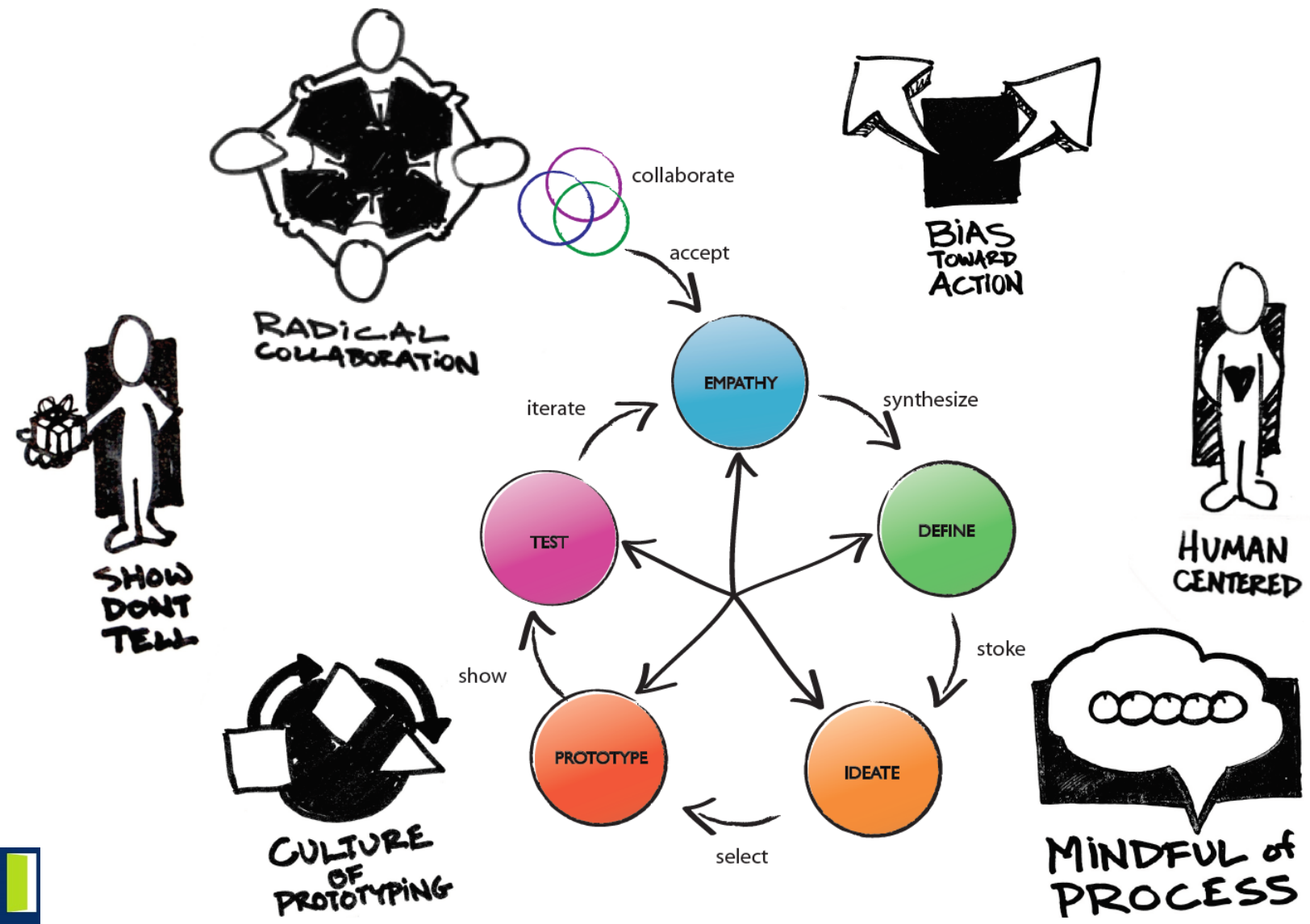


The Five Steps to Life Design

1. Empathy
2. Definition
3. Ideation
4. Prototyping
5. Testing and Feedback



Life Design Steps and Values



Five Mind-Sets to Life Design

- **Be Curious** – it helps you get lucky
- **Try Stuff** – be a ‘doer’ as well as a thinker
- **Reframe Problems** – it helps you get unstuck
- **Know it’s a Process** – and allow yourself to fail
- **Ask for Help** – life design is a team sport



- Introduce the Life Design process
- Building your compass
 - Work view & Life view
- Wayfinding
 - Good time journaling
 - Diary of what you find engaging and energising
 - Mining the mountain top
 - Identifying proudest past achievements
 - Mind-mapping
 - Graphical technique for visualising connected ideas
- Odyssey plans
 - Group focus on each member's plan
 - **Define:** how does X find out about work that is ----?
 - **Ideate:** group brainstorm different prototypes
 - Student selects **prototype** and **tests** and gets **feedback** in own time



Empathy

How Does Life Design Help International Students?

- Valued tool irrespective of discipline and background
- Attracts students from wide range of cultures
- Socially connecting
 - Life Design community

Testimonials

I think that the Design Thinking methodology lends itself to transformations suitable to accommodate incredibly varied cohorts.

This approach taught me to be kinder to myself and to the people I work with

I particularly enjoyed the sessions where we thought about our futures.... I felt I got some great feedback and it made me realise that there are more options open to me than maybe I had appreciated

I appreciated its focus on empathy, creativity, and collaboration; it's a flexible methodology which allows individuals to find solutions whilst getting to know themselves and each other better.



Life Design Activity

Warm Up - Alphabet Game

- Form a circle of approximately 6 people
- The aim is to recite the alphabet from a-z with the following rules:
 - 1) Everyone has to participate and say letters
 - 2) Each person can say only one letter at a time
 - 3) The next letter has to come from someone new
 - 4) If two people say a letter at the same time, the group has to start over
 - 5) You are not allowed to go around the circle in order.



Life Design Taster

Mine the Mountain Top

- Recall past, personally significant achievements and write them down
 - Look for any patterns?
 - What are you good at?
 - What is important to you?
- Pair up and take turns to share your insights with your partner
 - Listen to you partner's narrative and ask questions
 - What stood out to you?
 - What are you curious about?



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Questions?





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Thank you

