

LFS 496 | Career Development Internship

W2018 Term 2
(both 1st 3 credits and 2nd 3 credit versions)

Monthly Mondays 10:00 am – 12:00 noon)
Mcml 350

Course Instructor

Andrew Riseman – Andrew.riseman@ubc.ca
Office: Mcml 323

Teaching Assistant

Amber Heckelman - amber.heckelman@gmail.com
Office: Mcml 170

Course Designer

Course designed in partnership with the Centre for Student Involvement and Careers.

Kimberley Rawes – Kimberley.rawes@ubc.ca
Office: Brock Hall – Centre for Student Involvement and Careers

Course Description

The pursuit of a degree is a meaningful experience for many students, ripe with moments to learn about who you are, what matters to you, and how you want to contribute to the world. In the 2014 Gallup-Purdue Index study, over 30,000 graduates reported that their academic success contributed to the likelihood of their career success. The odds of being engaged at work after completing their degree were two times higher for students who completed an internship that applied their classroom learning in a work setting (Gallup, 2014). An internship is an excellent opportunity to augment what you have learned about the food system through your course work to date and expand on how those theories, approaches, and frameworks apply in a work setting.

However, learning through experience is not inevitable. In order to maximize the opportunity, this course has been created to support and scaffold your learning to strengthen your career development. It will apply the principles of Design Thinking (Burnett and Evans, 2016) to explore your values, interests, skills, strengths and future career aspirations. Consider this a prototyping-experience, where you can test, try, and evaluate one example of work within the food system. By introducing you to tools and strategies for designing and building your internship, and life after, you will strengthen your agency towards the pursuit of meaningful work and a joyful good life.

Learning Outcomes

By the end of this course, students will be able to:

- Apply the methods and principles of Design Your Life (Burnett and Evans, 2016) to:
 - Empathize, define, ideate, prototype, and test current goals to build a meaningful internship experience.
 - Empathize, define, ideate, prototype, and test current goals to build a meaningful life plan after completing their internship.
- Articulate the skills learned, values enacted, and strengths applied throughout their internship.
- Connect with peers, community partners, and the world of work to strengthen their professional imagination.
- Create and present three possible life designs for future steps beyond LFS 496.

For 2nd 3 credit version, the addition of:

- Fully apply the DYL framework beyond a career context to your life, in all its dimensions
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Required Readings

Burnett, B. (May 2017). *Designing Your Life*. Retrieved from <https://www.youtube.com/watch?v=SemHh0n19LA>

Ask. Try. Do. [Pamphlet]. (n.d.). Vancouver, BC: Sauder D.Studio. Retrieved from: <http://dstudio.sites.olt.ubc.ca/files/2013/05/asktrydo.pdf>

Quayle, M. *Thinking Strategies*. [Pamphlet]. (2012) Vancouver, BC: Sauder D.Studio. Retrieved from: <http://dstudio.ubc.ca/research/strategic-design/thinking-strategies/>

Strongly encouraged reading:

Burnett, W., & Evans, D. J. (2016). *Designing your life: How to build a well-lived, joyful life*. Knopf.

Assignments and Grade Profile

1st 3 Credit Version (3 credits)

This is a graded course under a Pass/Fail system with all components weighted equally. To receive credit for this course, you will need to complete the following:

- 1) Agreed upon number of hours at your internship
- 2) Tasks, projects, and goals determined by you and your internship supervisor
- 3) Weekly Canvas assignments:
 - Work Plan
 - Weekly Assignments
 - Revised Work Plan with comments and feedback from Supervisor
 - 2 x 2 Reframe Matrix
 - Point of View Statement
 - How might we...
 - Journal Assignment: internship as a prototype
 - Revised journal assignment
 - Work View + Life View
 - Renewed 2 x 2 Reframe Matrix
 - Renewed Point of View Statement
 - Concept Map
 - Curiosity Conversation + Journey Map
 - Two Action Plans – Odyssey planning
- 4) Final Presentation

2nd 3 Credit Version (2x3 for 6 total credits)

This is a graded course under a Pass/Fail system with all components weighted equally. To receive credit for this course, you will need to complete the following:

- 1) Agreed upon number of hours at your internship
- 2) Tasks, projects, and goals determined by you and your internship supervisor
- 3) Weekly Canvas assignments:
 - Work plan
 - Revised work plan
 - **Wk3- To be Determined**
 - **Wk4- To be Determined**
 - **Wk5- To be Determined**
 - **Wk6- To be Determined**
 - **Wk7- To be Determined**
 - **Wk8- To be Determined**
 - **Wk9- To be Determined**
 - **Wk10- To be Determined**
 - **Wk11- To be Determined**
 - Final Assignment- Two Action Plans – Odyssey planning

4) Final Presentation

Student Contract

I commit to...

- Accept where I am and to consider: Problem finding + problem solving = well-designed life.
- Assume a beginner's mindset.
- Put aside my own experiences in order to stay curious to other points of view.
- Question everything – even the things I think I already understand.
- Be truly curious in both familiar and unfamiliar contexts.
- Find patterns that occur across and within environments.
- Listen...really listen. [NB: What and how someone says something matters and needs to be understood before you can respond. (Burnett and Evans, 2016)]

Instructor Contract

I commit to...

- Being available as needed, flexible to your individual needs, and fair in your assessments. I also commit to creating a meaningful learning environment for you. One that includes connection to your peers in this class, as well as meaningfully created activities that connect and build on each other. All of this is designed to further your personal and professional growth.

Course Schedule

| Date | Module | Activity <i>(2nd 3 credits in bold italics)</i> | Assignment <i>(2nd 3 credits in bold italics)</i> |
|-----------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jan 4 | | Internships Start | |
| Jan 7 10:00 am – 12:00 Mcml 350 | Introduction + Overview | Workshop 1: Mini-Design challenge TBD | None None |
| Jan 14 | Empathy | Work Plan Work Plan | Work Plan Work Plan |
| Jan 21 | Empathy | Supervisor Feedback Supervisor Feedback | Revised Work Plan Revised Work Plan |
| Jan 28 | Define | Reframe beliefs TBD | 2 x 2 Reframe Matrix/ Point of View Statement TBD |
| Feb 4 10:00 am – 12:00 Mcml 350 | Ideate | Workshop 2: How might we...? How might we...? | How might we...? How might we...? |
| Feb 11 | Prototype | Reflection TBD | Journal Assignment TBD |
| Feb 18 Spring Break | Test | Gathering data from others TBD | Revised Journal Assignment TBD |
| Feb 25 | Empathize | Interview Yourself - Work View + Life View TBD | Work View/Life View TBD |
| March 4 10:00 am – 12:00 Mcml 350 | Define | Workshop 3: Define your career questions + Point of View statement TBD | Renewed 2 x 2 Reframe Matrix + Point of View Statement TBD |
| March 11 | Ideate | Brainstorm TBD | Concept map TBD |
| March 18 | Prototype | Curiosity conversations + Journey Map TBD | Notes from Curiosity Conversation + Journey Map TBD |
| March 25 | Prototype to decide | Two Action Plans TBD | Odyssey Plans TBD |
| April 1 10:00 am – 12:00 Mcml 350 | Test and Tell Your Story | Workshop 4: Share Prototype and get feedback Share Prototype and get feedback | Presentations Presentations |