

LFS 496 | Career Development Internship

S2019 Terms 1+2
(both First Time Interns and Returning Interns)

(See schedule below for specific dates)

Course Instructor (manages course curriculum)

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Course Designer

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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 and the Designing Your Life framework (Burnett and Evans, 2016) to explore your values, interests, skills, strengths and future career aspirations. Consider your internship as a prototyping-experience (the 4th step in the DYL process), 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 enhancing your internship (1st time interns), and life after (returning interns), you will strengthen your agency towards the pursuit of meaningful work and a joyful good life.

Learning Outcomes

By the end of your internship, 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.
- Reflect and articulate the skills learned, values enacted, and strengths applied throughout their internship.
- Connect with peers, community partners, and the world of work to enhance their professional imagination.
- Relate and describe their internship experience to a prototype of future career paths.

For Returning Interns, the addition of:

- Create and present three possible life designs for future steps beyond LFS 496.
- Fully apply the DYL framework beyond a career context to your life, in all its dimensions;

- Empathize, define, ideate, prototype, and test current goals to build a meaningful life plan.

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.

Grade Policy

This is a graded course based on Assignments (20%) and Internship Assessments (80%). The assignments are ungraded but will have comments added and marked as Completed once submitted. Each assignment will be worth an equal proportion of the 20%. Intern assessments (formative at 6 weeks and summative at end of internship) completed by the internship supervisors will comprise the remainder of the grade.

Assignments

Assignments are intended to expose you to different perspectives and expand your understanding of what meaningful work can be. The assignments are designed so that you can complete them with little time if you are only interested in a cursory exposure to the Designing Your Life framework. However, they are also sufficiently robust to allow you a deep dive into the topic if you choose and have the time to devote to it. No amount of time should be taken from your internship to complete these assignments. **Please note: You are to only complete the assignments associated with whether this is your 1st or 2nd internship. All assignments are posted on Canvas so it is upon you to complete the correct set.**

For First Time Interns:

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 (i.e., Workplan)
- 3) Canvas assignments:
 - Time log
 - Assignments
 - Empathize - Prepare your Work Plan
 - Empathize - Finalize your Work Plan
 - Define Your Internship
 - Ideate Your Internship
 - Prototype Your Internship
 - Test Your Internship
- 4) Final Presentation: Test Your Internship

For Returning Interns

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 (i.e., Workplan)
- 3) Canvas assignments:
 - Updated work plan
 - Empathize Your Life Design
 - Define Your Life Design

- Ideate Your Life Design
 - Prototype Your Life Design
 - Test Your Life Design
- 4) Final Presentation: Test Your Life Design

Monthly Meetings:

I have scheduled monthly 2-hour workshops where we will work through activities designed to connect you to the design process. Attending these sessions will significantly help you in understanding and connecting with the Designing Your Internship/Life framework.

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 past 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.

LFS 496 Summer 2019 - Course Schedule

Date	In class activity	Assignment – Design Your <i>Internship</i> First Term Students	Assignment – Design Your <i>Life</i> Second Term Students
May 6		Internships start	Internship resumes
May 13 10:00 am – 12:00 pm Mcml 350	Introduction to Life Design		
May 20		Prepare Work Plan	Work View and Life View
May 27		Finalized Work Plan	
June 1-8	No Class: Social Sciences and Humanities International Meetings		
June 10 10:00 am – 12:00 pm Mcml 350	In class: 5 senses reflection + reframes		
June 17		Describe your internship + Point of View Statement	Reframe a belief + one sentence summary
June 24			
July 8 10:00 am – 12:00 pm Mcml 350	In class: doing career research – how to find people, approach people, q/a format	5 Career Paths	Brainstorm + concept map
July 15			
July 22		Prototype Experience	Curiosity Conversation + Journey Map
July 29			
August 12 10:00 am – 12:00 pm Mcml 350	Final Presentations	Final Presentation: Your internship as a prototype	Final Presentation: Odyssey Plan