

# “Scrap” your career

Presented by Becky Anderson

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# Territorial Acknowledgement

The University of Waterloo acknowledges that our work takes place on the traditional territory of the Neutral, Anishinaabeg, and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land cared for, stewarded by, and stolen from Six Nations, which includes six miles on each side of the Grand River. Our active work toward reconciliation takes place across our campuses through research, learning, teaching, and community building, and is coordinated within the Office of Indigenous Relations.



# Take Action

## On campus

- Office of Indigenous Relations
  - Supports for Indigenous students
  - Knowledge building resources for allies

## In the community

- O:se Kenhionhata:tie Land Back Camp
- Willow River Centre
- Authors, artist, and makers
  - Tuesday, Aug 12 at 6:00pm open mic night for Indigenous poets at The Grove Café, Kitchener
  - Saturday Aug 16 to Sunday Aug 17 1 AM Kitchener Indigenous art market in Willow River Park, Kitchener



# What's on the agenda for today?

Getting to know  
each other

A brief overview of  
career planning

An introduction to  
Odyssey planning

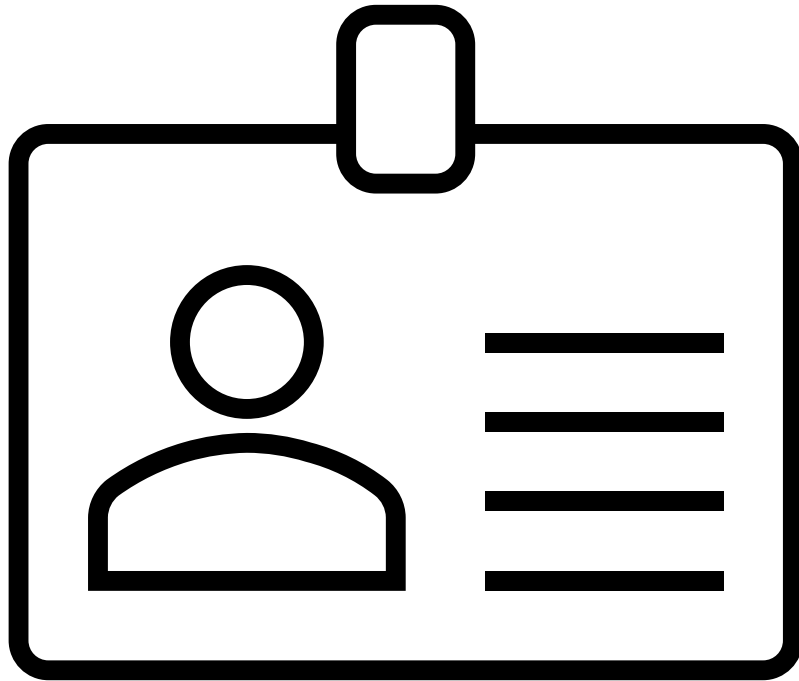
An opportunity to  
create your own  
Odyssey Plan



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# Who are you?



On your name tag write...

- Your name
- Your pronouns if you'd like
- What you wanted to be when you were 10 years old



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# Who am I?

## Becky (she/her)

- I'm also a part-time PhD candidate. I make windchimes from thrifted materials; am passionate about land restoration; and love swimming with my dog
- When I was 10 years old, I wanted to be a marine biologist.





# What is career planning?

A process that offers space to think about options, learn about yourself, and manage decisions related to life and career

- Identify your needs, values, interests, abilities, and skills
- Explore education, work, life options
- Align goals, priorities, realities to make decisions
- Action decisions and iterate



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# Cool! But how does career planning \*happen\*?

## Methods

- Borton's development framework
- Gibb's reflective cycle
- Kolb's experiential learning theory
- Burnett and Evans life design thinking

## Tools

- SkillsScan, Skills Inventory for exploring skills and talents
- Values checklist, values card sort, workview reflection for reflecting on values and needs
- Challenge cards and self-assessment inventories for identifying interests and engagement
- Decision matrix, mind map, odyssey planning to support decision making



# So what method / tool are we trying out today?

## Life design (method)

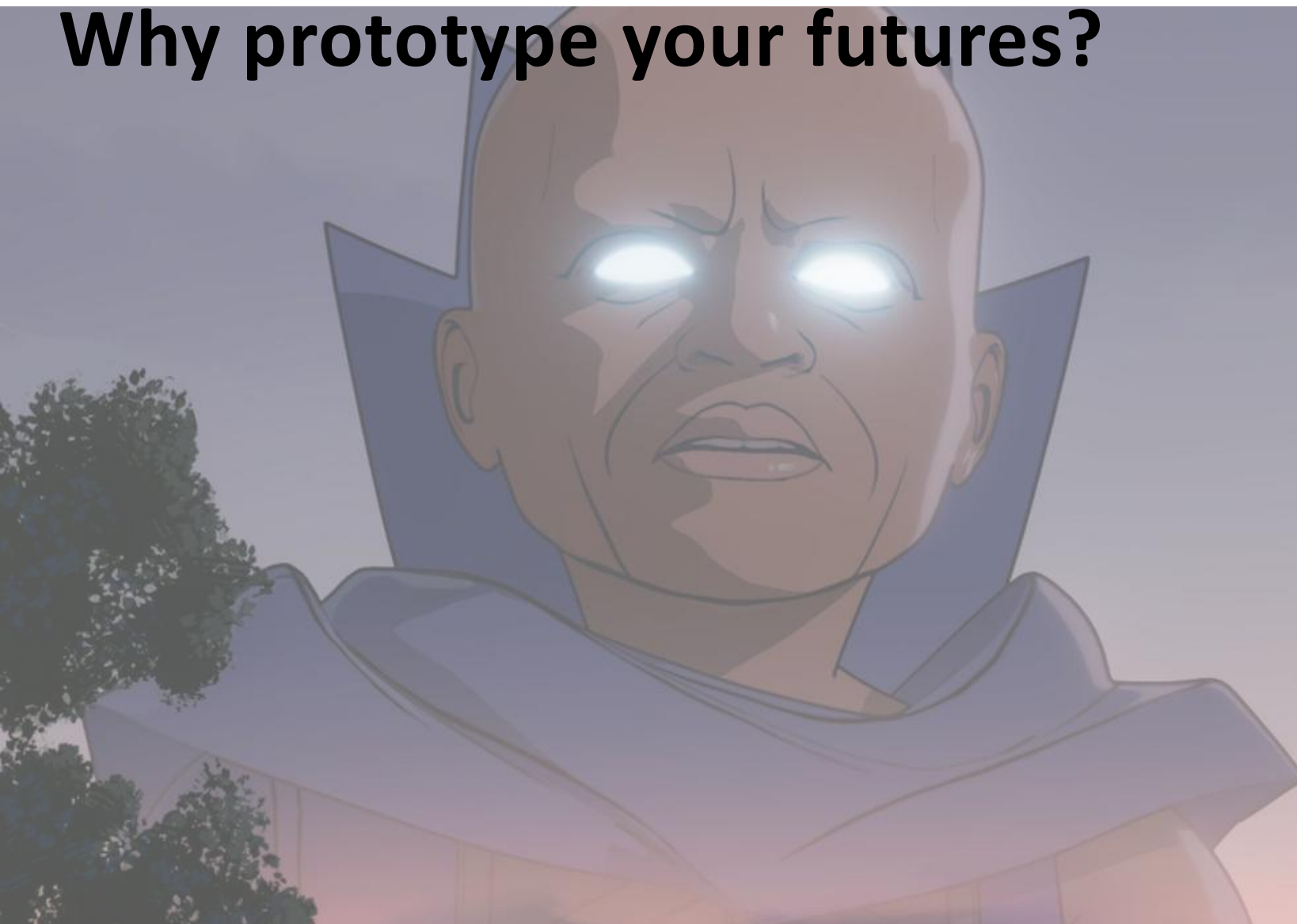
- Encourages reflecting about the meaning of life, work, your point of view on what makes you happy, what makes you feel successful [a.k.a. components of **your** life design]
- Centres what you need to support and discern your life design process as it unfolds
- Promotes drafting, trying things, iterating

## Odyssey plan (tool)

- Prototype future(s)



# Why prototype your futures?



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# Why prototype your futures?

Embrace

Life isn't linear

Options

Eggs in multiple baskets

Explore

Try different ideas before  
fully committing

Align

Path(s) that fit your  
passions and strengths

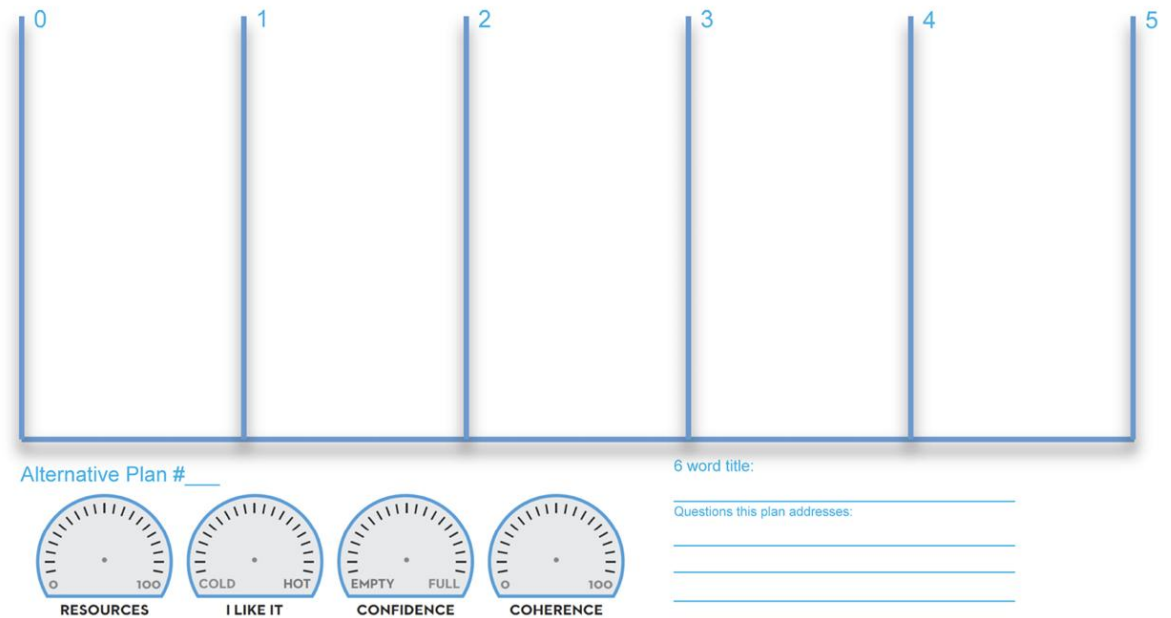


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# Prototyping your future selves with Odyssey Planning

- What is Odyssey Planning?
  - A brainstorm of how life might unfold going forward 5 years
  - A visualized ideation that includes the professional AND personal elements that might make that life fulfilling
  - A tool to figure out what might be next if these things were true



The diagram illustrates the Odyssey Planning tool. It features a horizontal timeline with six vertical columns labeled 0 through 5 at the top. Below the timeline, there are four circular gauges labeled 'RESOURCES', 'I LIKE IT', 'CONFIDENCE', and 'COHERENCE'. Each gauge has a scale from 0 to 100. To the right of the gauges, there are three horizontal lines for a '6 word title' and three horizontal lines for 'Questions this plan addresses:'. The label 'Alternative Plan #' is positioned to the left of the first gauge.

Alternative Plan # \_\_\_\_\_

6 word title: \_\_\_\_\_

Questions this plan addresses: \_\_\_\_\_

\_\_\_\_\_

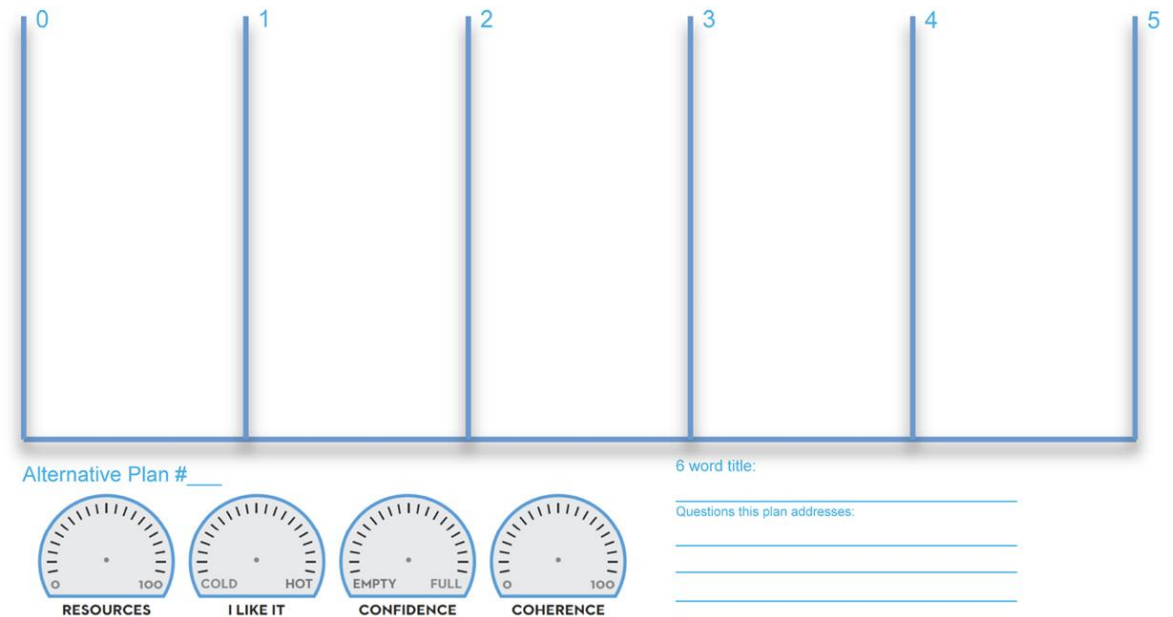
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RESOURCES I LIKE IT CONFIDENCE COHERENCE



# Prototyping your future selves with Odyssey Planning

- How do you odyssey plan?
  - Create 3 different 5-year timelines
    - What I think I'm going to do.
    - What if Plan 1 wasn't possible anymore
    - What if you could do anything?
  - Each timeline includes professional AND personal milestones
  - Each timeline has its own title



The diagram illustrates the Odyssey Planning template. It features a horizontal timeline with six vertical markers labeled 0, 1, 2, 3, 4, and 5. Below the timeline, there are four circular gauges labeled RESOURCES, I LIKE IT, CONFIDENCE, and COHERENCE. Each gauge has a scale from 0 to 100. To the right of the gauges, there are three horizontal lines for a 6-word title and three horizontal lines for questions the plan addresses.

Alternative Plan # \_\_\_\_\_

6 word title: \_\_\_\_\_

Questions this plan addresses: \_\_\_\_\_

RESOURCES I LIKE IT CONFIDENCE COHERENCE





# How to prototype futures selves with an odyssey plan

## The expected path



The story you tell today about the path you're currently pursuing

## The alternate path



The story you tell if your current path were no longer an option.

## The wild card path



The story you tell if there were no restrictions, commitments, barriers



# Time for individual reflection

- What was it like to create three different versions of your future?
- What did you learn about yourself?
- What did you get out of sharing them?
- What did you get out of hearing others' Odysseys?



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# Now what?

- Talk to people living that life
  - Conduct informational interviews with folks who've pursued similar paths, listen to podcasts, docs
- Try small experiments
  - Shadow someone in your desired field, take a class or workshop, start a side project, join a club
- Reflect and iterate
  - Identify what was exciting, what aligned with your values, adjust and iterate as needed



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# CCD supports

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## Career advising

One-on-one support for:

- Career planning
- Further education
- Employment

Book via [WaterlooWorks](#)

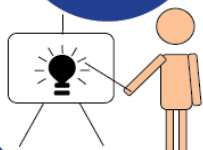
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## Additional resources

- [Online resources](#); Information on applications and career planning for law, medicine, optometry, teaching and other fields with specific educational requirements
- [CareerHub](#) for career planning

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## Workshops and events

Topics include but not limited to:

- Skills identification and articulation
- Grad and professional school application support
- P4E and Further Education Fair

Register via [WaterlooWorks](#) or [Portal](#)

