Designing your Master’s Program: Odyssey Plan Activity

# Instructions

**Part 1: Academic milestones / degree requirements**

1. Identify your academic milestones, and list them in Section 1: Academic milestones/degree requirements on page 2. There are examples already listed. Feel free to keep or delete these depending on whether they are relevant to you.
2. Copy the pre-created academic milestones into the correct term within the Odyssey plan table on page 3. Write in your own academic milestones as needed. For milestones that span multiple terms, you can copy these into each column separately.
3. Once completed, copy these milestones into the corresponding places in your Odyssey plan tables on pages 3 and 4.

**Part 2: Personal and professional plans and goals**

1. Create a title for each of your Odyssey plans (alternate futures) on pages 2-4.
   1. Remember, these should all be completely different; consider one academic, one industry/public sector, and one wild idea
2. Add additional plans or goals into each of your three Odyssey plans (slides 2-4) to complement the academic milestones already there. To do so, create your own, or use examples from sections 2-4 on page one.
   1. Terms can be short, but try to include at least one personal and one professional development item in each year, if not each term
   2. Consider if you need to move around your degree requirements based on the theme of the Odyssey plan
3. Evaluate each alternative futures using the rating system at the bottom of each page.
   1. Resources: Do you have the objective resources (time, money, skills, contacts) to pull this off?
   2. I like it: How do you feel about this plan?
   3. Confidence: Are you full of confidence that you can pull this off?
   4. Coherence: Does that plan make sense with itself? And, is it consistent with who you are?

# Section 1: Academic Milestones/Degree Requirements

## Examples

* Coursework: [number of courses/ specifics]
* Co-op, practicum or internship
* Data collection and research
* Seminar presentation
* Master’s research project

## Your Additions

[add any additional milestones or degree requirements that you wish to plan for here]

# Section 2: Professional Development Opportunities

## Examples

* Fundamentals of University Teaching
* Student Leadership Program
* English for multilingual Speakers courses
* Entrepreneur-ship programming (Concept, GreenHouse, etc.)
* Writing and Communication Centre programming
* Participation in student committee / group
* Centre for Career Action programming
* Publication
* Conference attendance/presentation
* Volunteering
* English for multilingual Speakers courses

## Your Additions

[add any additional professional development goals/opportunities that you are interested in here]

# Section 3: Personal Goals

## Examples

* Wellness and/or exercise goal
* Family and relationship plans
* Hobby

## Your Additions

[Add any additional personal goals you might have here]

# Section 4: Post-Degree Goals or Activities

## Examples

* Moving or travel
* Jobs and career
* Further education (apply and/or begin)

## Your Additions

[Add any additional post-degree goals or activities you want to plan for here]

# Odyssey Plan (alternate life) #1

Odyssey plan title or theme:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Term 1 (now!) | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|  |  |  |  |  |  |

## Evaluate your plan

On a scale of 1 to 100, rate the following aspects of your plan, based on the definitions provided on page 1.

|  |  |
| --- | --- |
| Aspect of your plan | Scale (from 1 to 100) |
| Resources (100 meaning you have everything you need) |  |
| Liking/Enthusiasm (100 meaning you are feeling absolutely great about this plan) |  |
| Confidence (100 meaning you are perfectly certain you can do this) |  |
| Coherence (100 meaning this plan makes total sense and aligns perfectly with your plan’s theme) |  |

# Odyssey Plan (alternate life) #2

Odyssey plan title or theme:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Term 1 (now!) | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|  |  |  |  |  |  |

## Evaluate your plan

On a scale of 1 to 100, rate the following aspects of your plan, based on the definitions provided on page 1.

|  |  |
| --- | --- |
| Aspect of your plan | Scale (from 1 to 100) |
| Resources (100 meaning you have everything you need) |  |
| Liking/Enthusiasm (100 meaning you are feeling absolutely great about this plan) |  |
| Confidence (100 meaning you are perfectly certain you can do this) |  |
| Coherence (100 meaning this plan makes total sense and aligns perfectly with your plan’s theme) |  |

# Odyssey Plan (alternate life) #3

Odyssey plan title or theme:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Term 1 (now!) | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|  |  |  |  |  |  |

## Evaluate your plan

On a scale of 1 to 100, rate the following aspects of your plan, based on the definitions provided on page 1.

|  |  |
| --- | --- |
| Aspect of your plan | Scale (from 1 to 100) |
| Resources (100 meaning you have everything you need) |  |
| Liking/Enthusiasm (100 meaning you are feeling absolutely great about this plan) |  |
| Confidence (100 meaning you are perfectly certain you can do this) |  |
| Coherence (100 meaning this plan makes total sense and aligns perfectly with your plan’s theme) |  |

# Odyssey Plan (alternate life) EXAMPLE

Odyssey plan title or theme: My Startup – Embracing the entrepreneurial spirit

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Term 1 (now!) | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| * Coursework term 1 courses * Concept workshops * Counselling services mindfulness group therapy * Student leadership program | * Coursework term 2 courses * Concept workshops * CCA programming (how to start a business) * Student leadership program (continued) * Practicing mindfulness meditation | * Coursework term 3 courses * Concept pitch competition * Networking in the startup scene * Visit family during spring/summer | * Velocity incubator * More networking! * Reading for fun again post-classes | * Find seed funding * Reading for fun again post-classes (continued) * Velocity workshops | * Business launch! * Reading for fun again post-classes (continued) * Velocity workshops (continued) |

## Evaluate your plan

On a scale of 1 to 100, rate the following aspects of your plan, based on the definitions provided on page 1.

|  |  |
| --- | --- |
| Aspect of your plan | Scale (from 1 to 100) |
| Resources (100 meaning you have everything you need) |  |
| Liking/Enthusiasm (100 meaning you are feeling absolutely great about this plan) |  |
| Confidence (100 meaning you are perfectly certain you can do this) |  |
| Coherence (100 meaning this plan makes total sense and aligns perfectly with your plan’s theme) |  |