

# Life Design: Odyssey Planning

Masters of Interdisciplinary Medical  
Science  
July 5, 2024

# Workshop Outline

1. Going with the flow
2. Chat GPT
3. Odyssey Planning
4. Prototyping

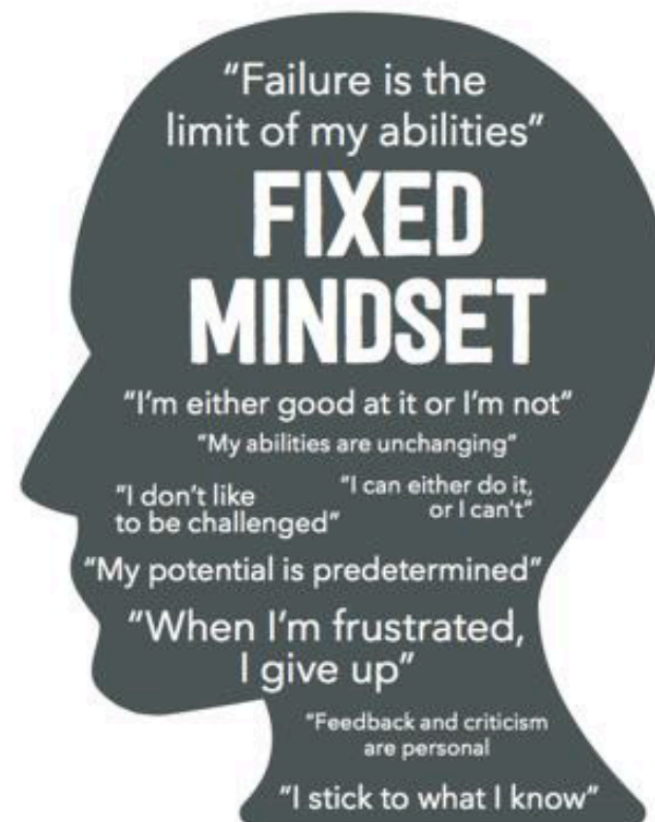


**David Feeney**

**[dfeeney@uwo.ca](mailto:dfeeney@uwo.ca)**

Career Coach, Graduate & Postdoctoral  
Career Education

# Mindsets



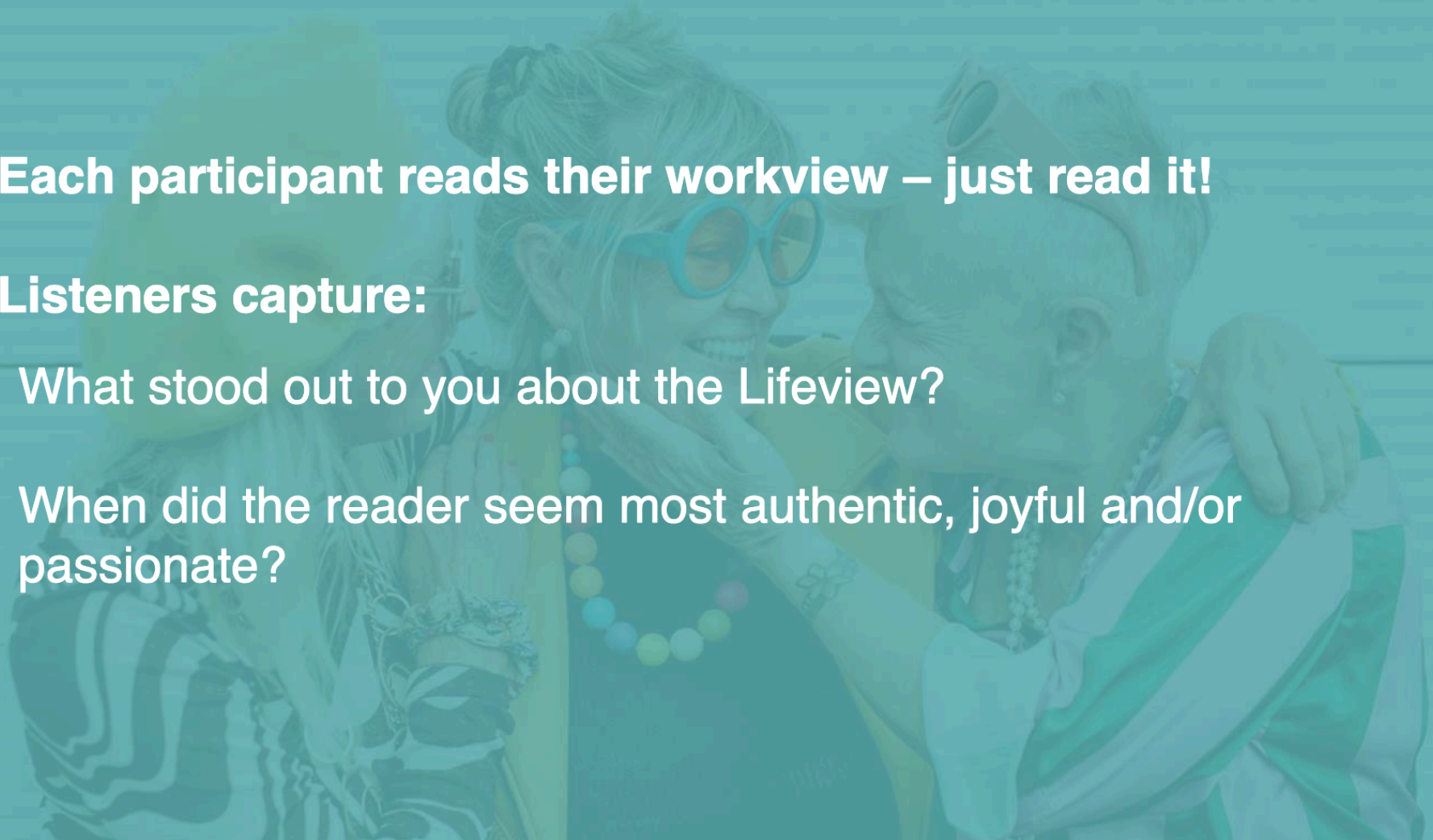


# Your Lifeview

**Each participant reads their workview – just read it!**

**Listeners capture:**

- What stood out to you about the Lifeview?
- When did the reader seem most authentic, joyful and/or passionate?





A vibrant, purple-toned illustration depicting a creative workshop or brainstorming session. Three individuals are shown: one on the left sitting on a stack of books and drawing, one in the center standing and pointing at a lightbulb idea on a screen, and one on the right kneeling and working on a grid. The background is filled with various geometric shapes, lines, and symbols, creating a sense of dynamic energy and innovation.

**This present moment used to  
be an unimaginable future**

# FLOW

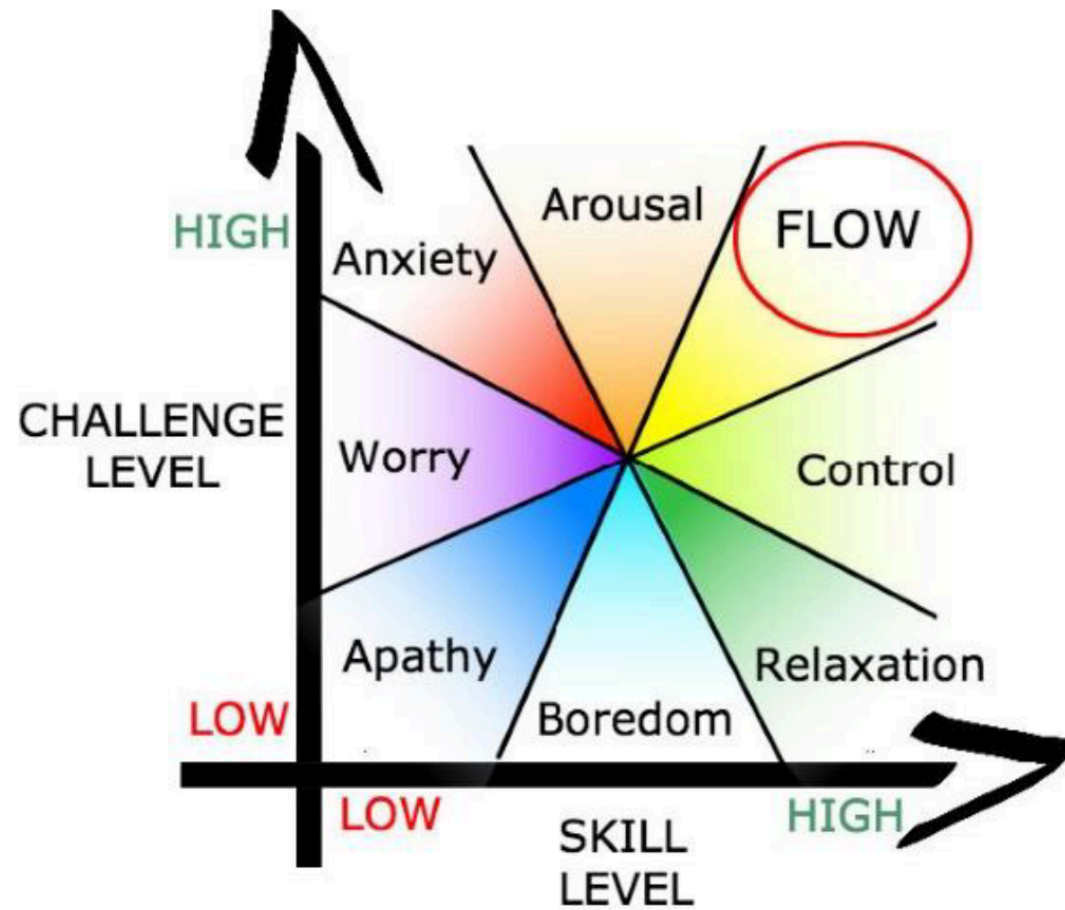
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**Mental state  
characterized by  
clear focus and  
complete  
absorption in  
the moment**

**Often occurs  
when skills are  
well matched to  
the challenge at  
hand**

**Awareness of  
the conditions  
conducive to  
flow helps you  
recreate these  
conditions more  
often**

# Flow





## The 8 Elements of Flow

An altered  
perception  
of time

A deep  
concentration  
on the task

A balance  
between a  
challenging  
activity and  
skilled abilities

A sense of  
goals

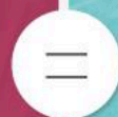
## The 8 Elements of Flow

A sense of  
control

A focus on  
being present  
in the moment

A form of  
direct and  
immediate  
feedback

A loss of  
ego or  
sense of self  
& needs





## HOW DOES THIS JOURNAL WORK?

### PART 2

The next part of this activity involves reflection. We use the AEIOU method to zoom in on what specifically exists within the situations of great engagement and energy (or little engagement and energy) that we experienced, to give us a better understanding of what works and/or doesn't work. What's AEIOU? Well...vowels. The AEIOU method stands for:



#### ACTIVITIES

What were you actually doing? Was this a structured activity or an unstructured activity? Did you have a specific role to play or were you just a participant?



#### ENVIRONMENT

What kind of place were you in when you completed the activity and how did it make you feel? Was it Weldon? In the newly renovated Thames Hall common area? What did you like or not like about that space?



#### INTERACTIONS

What were you interacting with—people or machines? Was it a new kind of interaction, or one you were familiar with? Was it formal or informal?



#### OBJECTS

Were you interacting with any objects or devices? What were the objects that created or supported your feeling engaged/energized?



#### USERS

Who else was there, and what role did they play in making it a positive or negative experience?



#### TIP

Track and take into account of all the extreme 'high points and low points' of your Mustang Journal. Use these to inform you on which activities sustain your energy and make you feel the most engaged!

# HOW DOES THIS JOURNAL WORK?

## PART 1

Try and be specific about what engaged/energized you.

For example, instead of saying "English class was really tiring", think of what made it tiring. Perhaps it was because you had to work in groups, and you don't have the social battery for that. Or maybe you had to read a lot.

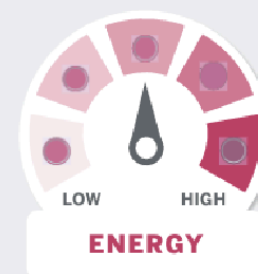
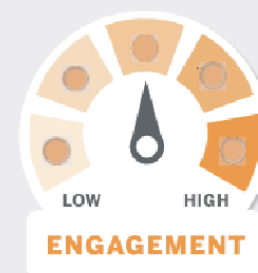
Do this activity for the next three weeks to gather a well of information. Try to vary the activities you undertake so that you aren't doing the same things each and every day which will allow you to gather even more helpful information. Finally, be sure to indicate whenever you feel like the activity/activities you engaged in completely put you into the "zone" and you achieved "Flow"!

## MONDAY

List the activities you have done today, noting your engagement and energy levels for each activity:

Did you feel "in the zone" and achieve "Flow"  
If so, when specifically?

Indicate your overall engagement  
& energy level for the day:



# ChatGPT: Prompt Ideas

I am graduating with a **Masters in Interdisciplinary Medical Science...**

My **transferable skills** are...

My Top 5 **Clifton Strengths** are...

The **challenge** that interests me is...

I would like a **work environment** that is...

The **tasks** I would like to do at work are...

Suggest 25 jobs that would be a **good fit...**

Include a one paragraph **summary** of each...





# What are you going to do with that?

- 1. Medical Science Liaison (MSL)**

- Serve as a bridge between pharmaceutical companies and the healthcare community, providing scientific information and support.

- 2. Clinical Research Coordinator**

- Manage clinical trials and research projects, ensuring compliance with regulatory requirements and protocols.

- 3. Health Policy Analyst**

- Analyze and develop policies that improve public health outcomes, working for government agencies, think tanks, or NGOs.

- 4. Biomedical Research Scientist**

- Conduct research to advance knowledge in medical science, focusing on areas such as genetics, immunology, or pharmacology.

- 5. Medical Writer**

- Create scientific documents, including research papers, grant proposals, and regulatory submissions for medical and scientific audiences.

# What are you going to do with that?

## **6. Healthcare Consultant**

- Advise healthcare organizations on improving efficiency, quality of care, and patient outcomes through data analysis and strategic planning.

## **7. Public Health Specialist**

- Design and implement public health programs and initiatives, focusing on disease prevention and health promotion.

## **8. Regulatory Affairs Specialist**

- Ensure that medical products comply with regulatory standards, working for pharmaceutical or medical device companies.

## **9. Health Informatics Specialist**

- Use data and technology to improve healthcare delivery, managing electronic health records and analyzing health data.

## **10. Academic Researcher/Professor**

- Teach and conduct research at a university, contributing to the academic and scientific community in medical science.

# What are you going to do with that?

## **11. Pharmaceutical Sales Representative**

- Promote and sell pharmaceutical products to healthcare providers, utilizing scientific knowledge to inform and persuade clients.

## **12. Laboratory Manager**

- Oversee the operations of a medical or research laboratory, ensuring safety, compliance, and efficient workflow.

## **13. Clinical Data Manager**

- Manage and analyze clinical trial data, ensuring its accuracy and integrity for research and regulatory purposes.

## **14. Medical Communications Specialist**

- Develop and disseminate medical and scientific information through various communication channels, such as publications, presentations, and digital media.

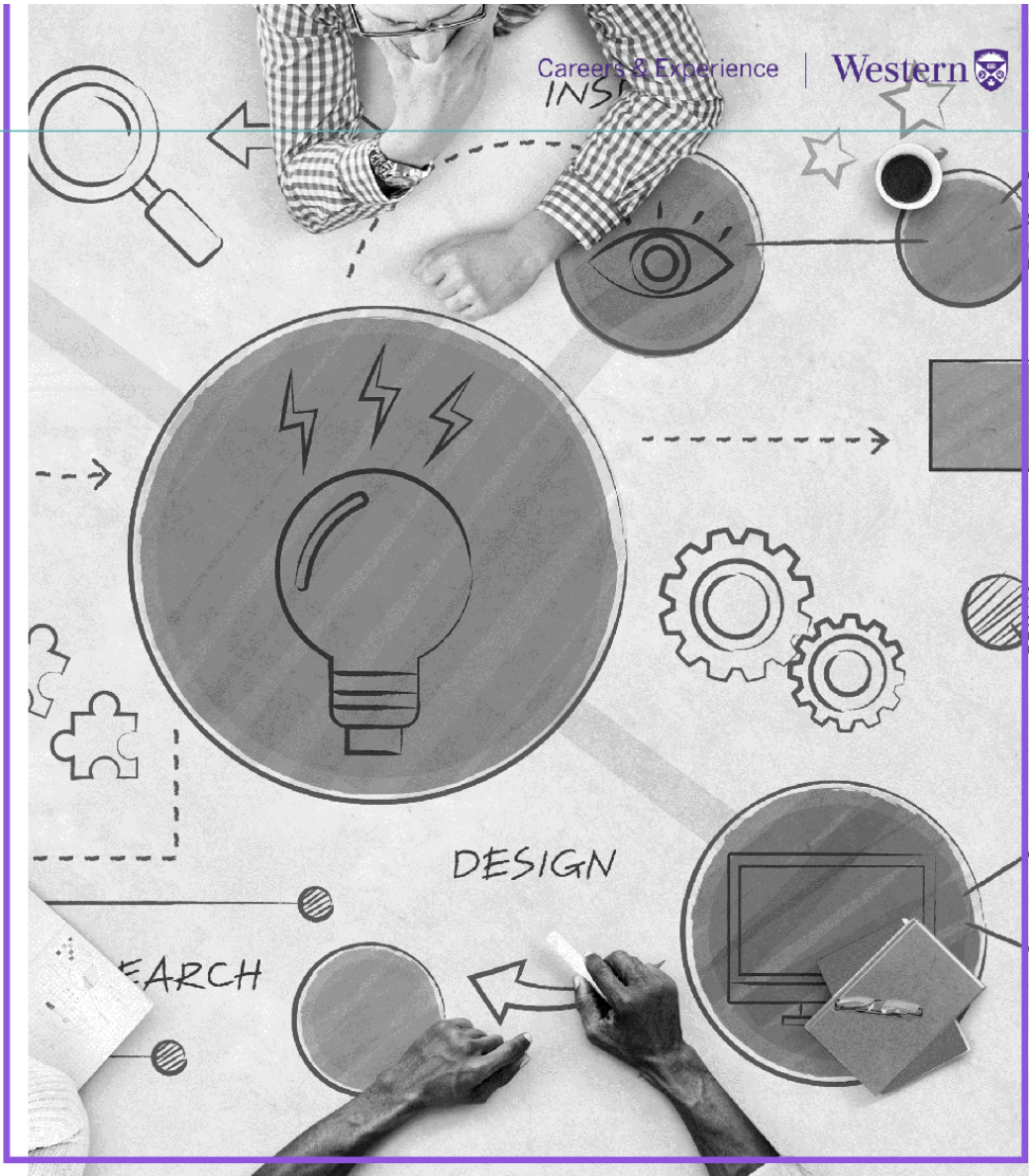
## **15. Genetic Counselor**

- Provide information and support to individuals and families regarding genetic conditions, helping them understand and make decisions about their health.



# Odyssey Planning

Time to Ideate  
Alternative Futures



# Odyssey Planning

## Thing #1

What are you currently doing?  
Where would you like to see that go?

## Thing #2

What happens if thing #1 goes away? What else could you do?

## Thing #3

The other. If money or reputation were no object, what would you do?

# Three Versions of my Future Self

## Odyssey Plan 1: Today's Plan

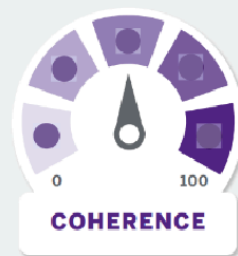
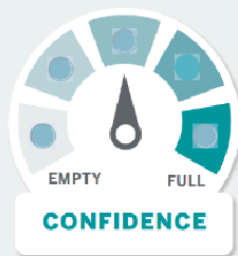
1

2

3

4

5



Alternative plan #:

6 word title:

Questions this plan addresses:

# The Dashboard

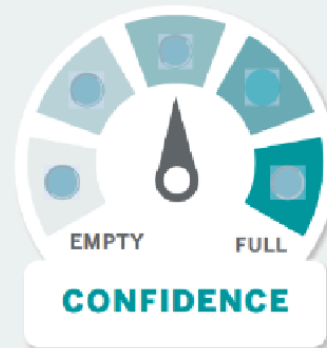
Careers & Experience

Western 



## Resources

Do you have the objective resources (time, money, skills, contact) you need to pull off your plan?



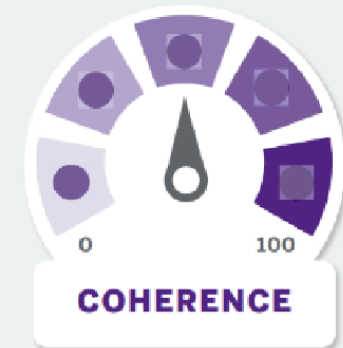
## Confidence

Are you feeling full of confidence or pretty empty about pulling this off?



## I Like It

Are you hot or cold or warm about your plan?



## Coherence

Does the plan make sense within itself? And is it consistent with you, your Workview, and your Lifeview?

## Odyssey Plan 1: Today's Plan

1

Begin University - major in English

Work part-time in the not for profit sector

Live off residence with 2 roommates

2

Involvement with clubs on campus

Join a Western Pride group

Develop rapport with professors who may be references for future graduate school applications

3

Attend hirewesternu Career Fair

Attend Grad/Professional School Fair

4

Research graduate schools

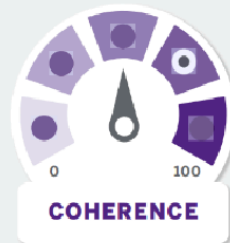
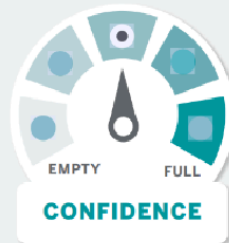
Apply to graduate schools & received assistance in the process from the Career Education department

Plan for move for graduate school/new city/new school

5

Begin Masters program

Begin researching for PhD programs



Alternative plan #:

1

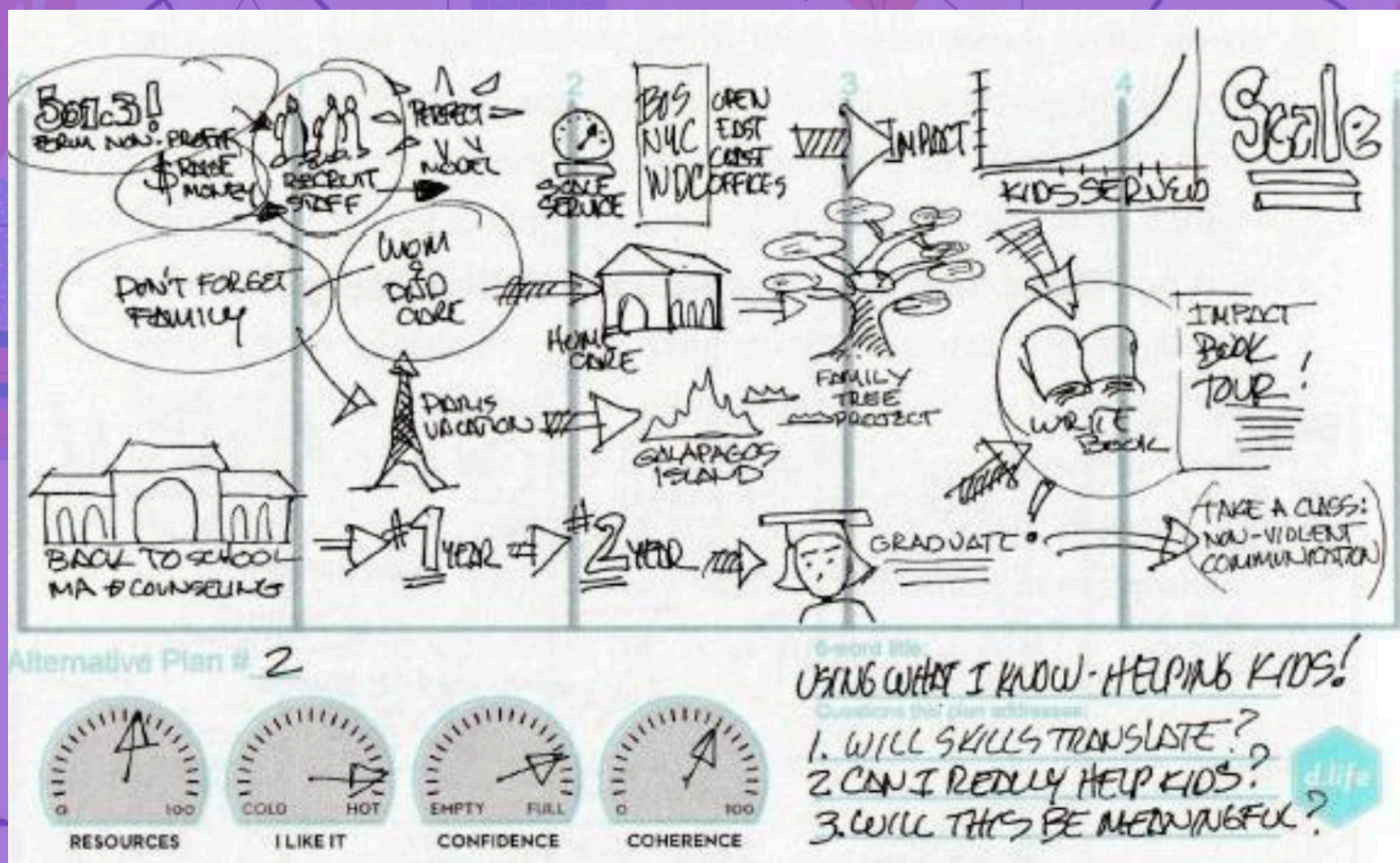
6 word title:

In Pursuit of the Professorial Prize

Questions this plan addresses:

1. Can I continue working part-time through my studies?
2. Do I have the stamina to pursue a PhD eventually?
3. What other options might be available?





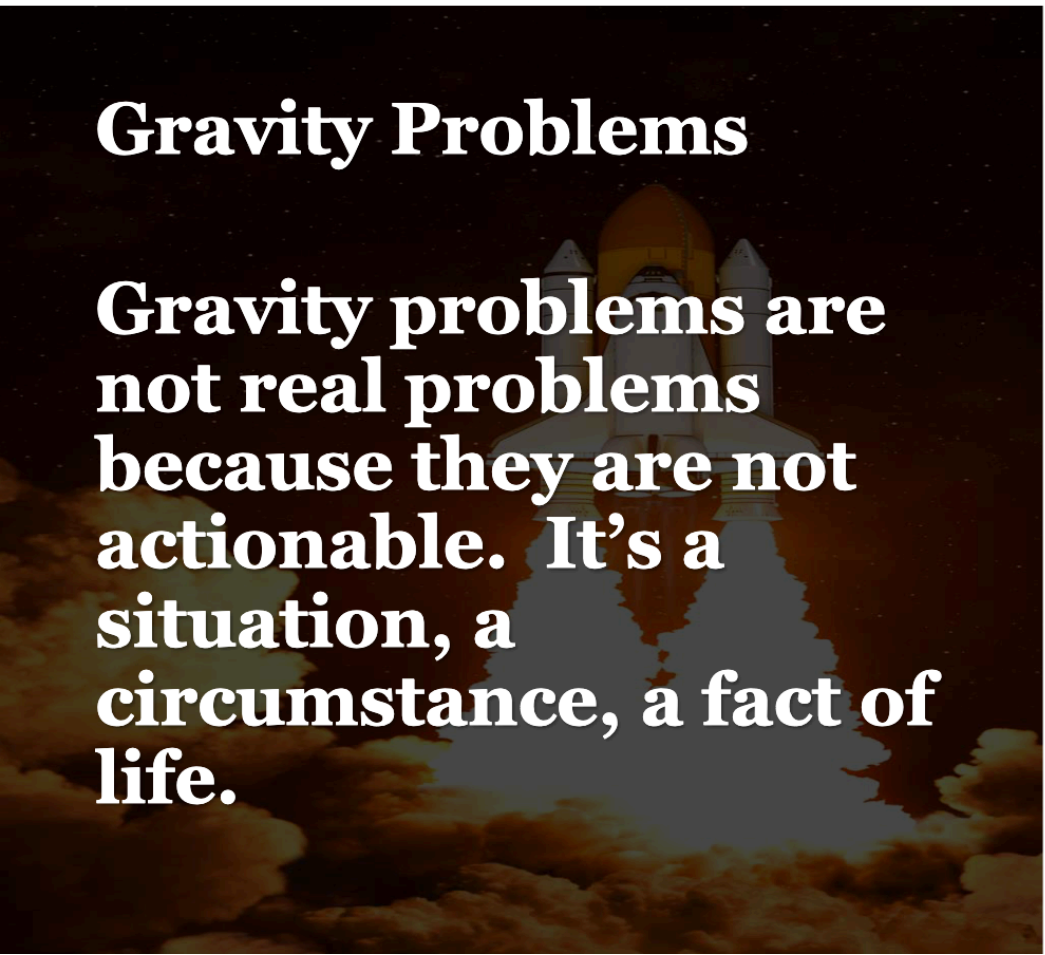
# Odyssey Planning

Careers & Experience



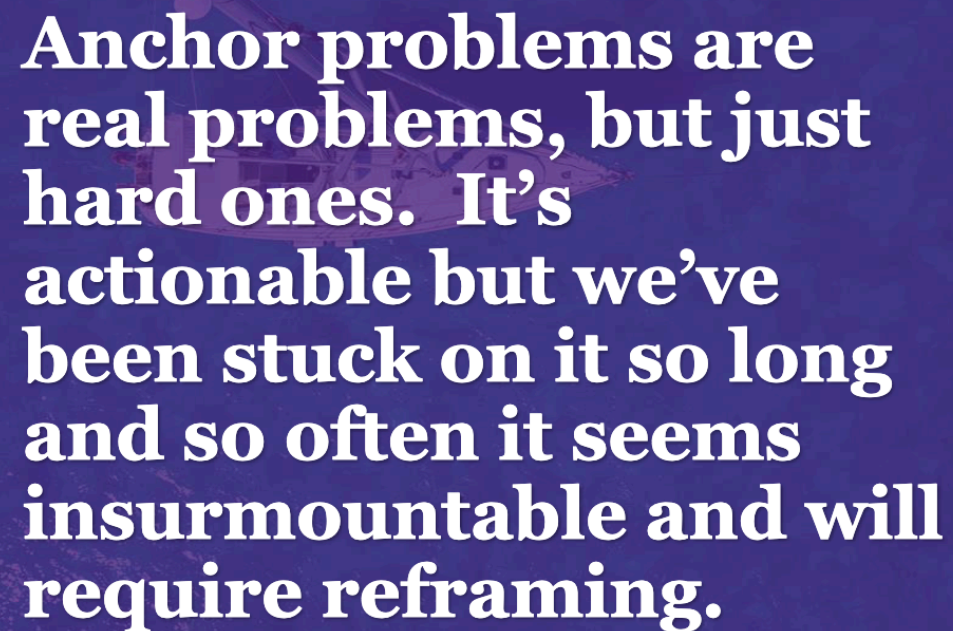
## Gravity Problems

**Gravity problems are not real problems because they are not actionable. It's a situation, a circumstance, a fact of life.**

A background image for the Gravity Problems section showing a space shuttle launching from a cloud-covered surface into a dark sky.

## Anchor Problems

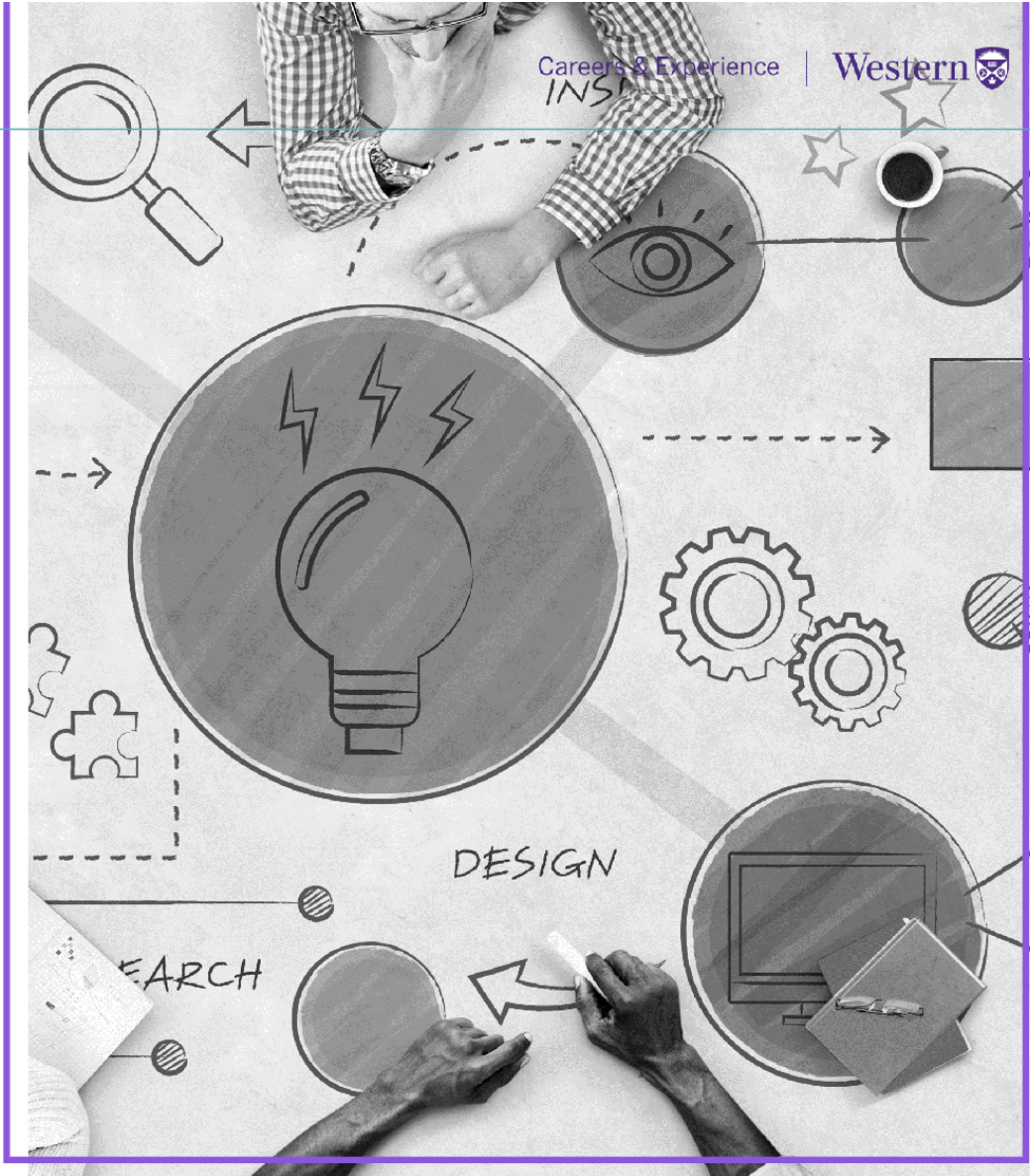
**Anchor problems are real problems, but just hard ones. It's actionable but we've been stuck on it so long and so often it seems insurmountable and will require reframing.**

A background image for the Anchor Problems section showing a satellite in space against a dark blue background.



# Odyssey Planning

- Plan 3 alternative academic or post-university lives over a timeline for the next 5 years
- Consider elements of work, love, play and health
- Pay attention to feelings that come up when you image these different paths





**Adam Grant**   
@AdamMGrant

An easy way to pick the wrong career is to put your image above your interests and identity.

A motivating job isn't the one that makes you look important. It's the one that makes you feel alive.

Meaningful work isn't about impressing others. It's about expressing your values.

# Why Prototype

- Expose assumptions
- Involve others with your ideas
- Sneak up on the future
- Ask interesting questions





# Good Prototypes

**Cheap**



**Quick**



**Accessible**



# Prototype Design

## In Product Design

- Formboard models
- Storyboard or sketches
- Low investment
- Multiple testing

## In Life Design

- Also, low investment
- Multiple testing
- Role playing

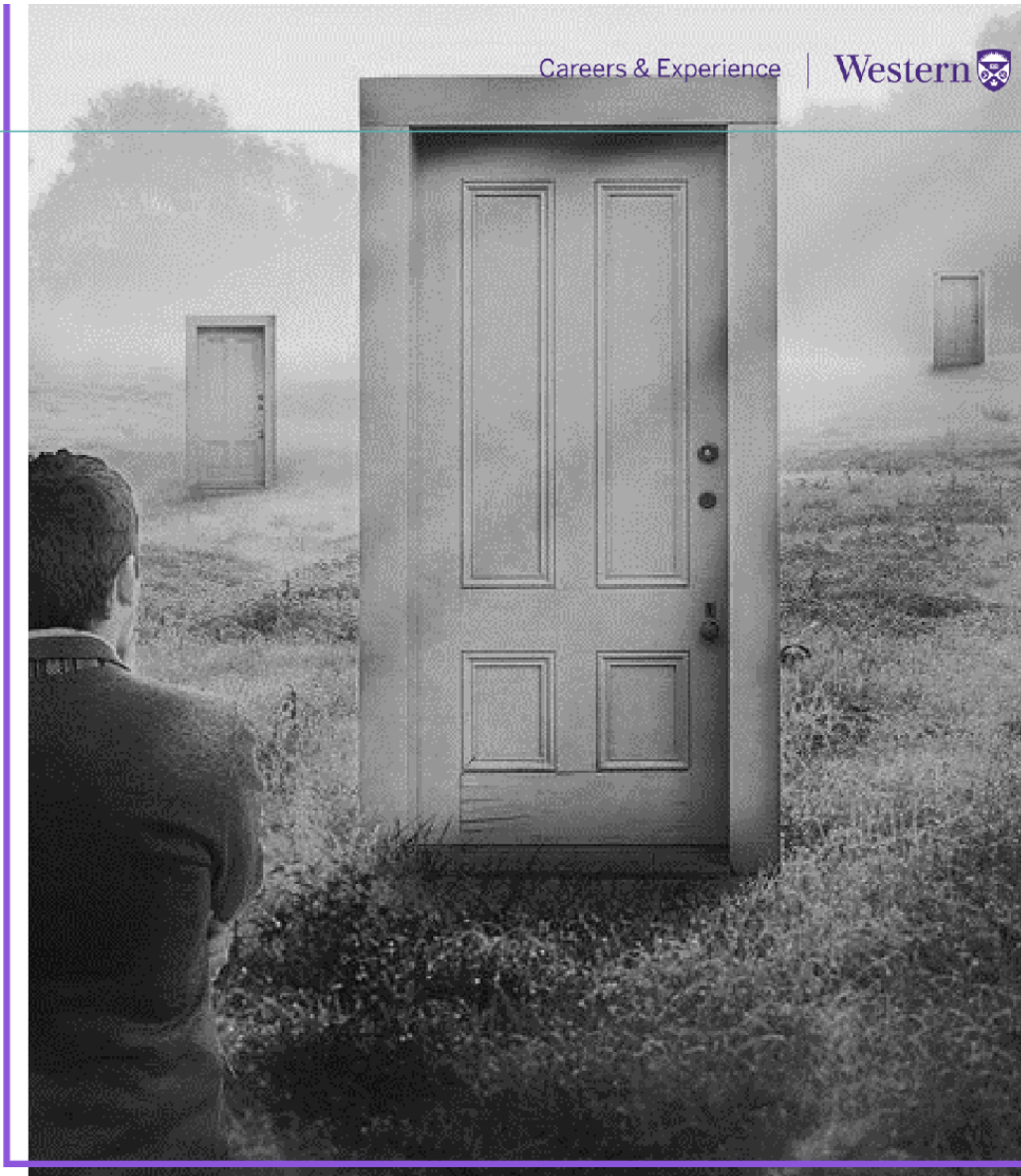
# Life Design Prototypes

## A Conversation

- Informational discussion
- Casual coffee
- Design interview
- Chat after a workshop; at a bar, party, subway

## An Experience

- Shadow for a day
- Intern for a month
- Tap in on the sales call
- Substitute teach for a day



# Prototype Your Way Forward

- Think about how you might prototype any of the ideas in your Odyssey 1, 2 or 3
- Think about contacts/resource that could assist you moving your plan forward; make a list of these contact for future reference



# DESIGN YOUR WESTERN

## Digital Career Workbook

Careers & Experience | Western 

Explore the **Design Your Western** digital career workbook to learn how to design your life to fit the kind of future you want to live!



[lifedesign.uwo.ca](https://lifedesign.uwo.ca)





# Thank you!



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