

DESIGNING COLLEGE LIFE AND BEYOND



As a high schooler, a goal, and probably the most important one, is to get into a reputable university with a good major that led to a good career. Nevertheless, once one has successfully entered university, "what's next for me?" seems to be the most commonly asked question.

This self-doubt question seems to be a universal phenomenon, many college students found themselves got "Stuck" by this question as well. Many students found out that they do not like the major they chose, or have no idea about the job market that related to their field of study. If this sounds familiar to you, "Designing" your life could help you get "Unstuck".

Welcome to **"Designing Your College Life and Beyond"** a two-day workshop course that is originated from **the most popular course at a world's renown Stanford university**, and a New York Times #1 bestselling book with the same title, *Designing Your Life*. Spend these two days in a fun and engaging workshop, and reframe the most asked question "What do you want to be when you grow up?" to "What can I grow into?", and start designing your future self.

**Skills Matter
More Than Degrees**

*– Elon Musk,
Tesla Founder*

WORKSHOP CONTENT PREVIEW



- **Self-Check in:** Empathizing self to **create self-awareness**, as well as **finding an individual's purpose and value**, and how to make those finding actionable
- **(Re)Framing Questions:** Learn how to look at life questions with a different perspective and **turn them to the right questions** for designing your life
- **Designer Mindset:** Learn about **fundamental of a good designer mindset**, and how to apply it to yourself
- **Story Telling:** Recognized as one of the most important 21st-century skills. You would get a chance to **create a compelling story about yourself**, and how to tell it to others
- **Life Prototyping:** Get a glimpse of the future by **creating prototypes for your life**, as well as learning from failure, which is a crucial part of the growth process



WHO IS THIS FOR:

This course is purposely crafted **for a high schooler**.

It is recommended for those:

- Do not know what they like or do not have one single “passion”
- Want to start or try something, but do not know how to
- Not certain about selecting a university’s major
- Do not know or have little information about an interesting career
- Want to learn about self-exploration from top tier university’s content

WHAT WILL YOU GET FROM THIS WORKSHOP:



- **Action-based learning** with Designing Your Life tools that are proven to be effective and adopted by top tier universities across the world
- Get **insights from alumni from top tier university**, learning from their actual experiences, and how they apply these tools toward their life
- Create your own **“Life Design Canvas”** together with action plans as a good start off point for future life designing
- The only offered course that participants would **receive a certificate of completion** from the licensed facilitators

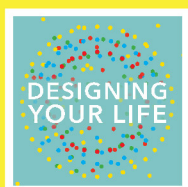
ABOUT YOUR INSTRUCTOR

Permsit Lamprasitipon, Ph.D. a counseling psychologist, and Thailand's representative and a Certified Designing Your Life Coach from the author Bill Burnett and Dave Evans. He is also a founder of Modular Consulting, a Human-Centered Design firm.

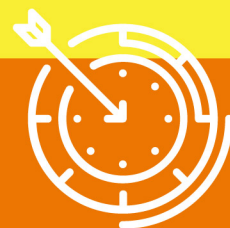


Education Background

- Psychology, BA, University of California, Los Angeles (UCLA)
- MBA with distinction, SASIN, Chulalongkorn University
- Ph.D. in Counseling Psychology with First Honor, Summa Cum Laude, Assumption University



AGENDA



Day 1

- 9.00 – 10.00 Designing Your Life Overview
- 10.00 – 11.30 Write Your Manifesto
- 11.30 – 12.00 Gravity Problem
- 13.00 – 14.30 Odyssey Plans
- 14.30 – 16.00 Fearless Mission Statement
- 16.00 – 17.30 Prototyping and Priority

Day 2

- 9.00 – 10.00 Truth about Failure
- 10.00 – 11.00 Informational Interview
- 11.00 – 12.00 Learn from Role Model
- 13.00 – 14.00 Life Design Canvas
- 14.00 – 15.30 Pitching – Building Your Story
- 15.30 – 16.00 Networking
- 16.00 – 17.30 Bloom & Blossom