STPEC 291CA
Putting Your STPEC Education to Work
Dickinson Room 109

A Career Seminar

Course Description

Spring, 2016
Alternate Mondays (see schedule) 5:00—6:30

Instructor: Leslie A. Saulsberry
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Office hours by appointment

Course Description

"Putting Your STPEC Education to Work"

This course will explore different avenues for putting a STPEC education to work after graduation. Students will have the opportunity to meet STPEC alums who have pursued a variety of career paths and will participate in workshops to identify what constitutes "purposeful work" for them and how to find employment that accords with their values and goals.
Class Overview and Speakers Guidelines

Purpose of Course
Career options for our students are expanding exponentially and so are their paths to get there. The question I pose is how can they be open enough, fluid enough, expansive enough, and courageous enough to align with their choices and their purpose? You see, students can attend a job fair and/or go to a career center and learn the practical aspects of a career search. This class goes beyond that. It allows the student to expand their knowing and gain multiple realities about what a career can look like—by exploring the relationship between happiness, purpose, work, and flow. This class allows the student to experience the speakers (guest, TED Talk, and authors) personal and professional journey shared from a place of authenticity and vulnerability.

Format
The seminars will model a TED Talk ©—an interactive, engaging, thought provoking talk of no more than 18—20 minutes in length. I’d like you to create a talk that personalizes your professional journey and how your personal experiences informed and influenced your journey. It should include the story of your winding path that took you to where you are now (expectedly or unexpectedly), the “stuff” that most of us forget to tell or choose to omit, and your aha! moments of the happiness, purpose, work, and flow relationship.

Intended and Unintended Outcome
The idea is that the students come away from this experience with the freedom of multiple realities gleaned from the speakers’ (guest, TED Talk, and authors) realities.

Students should come away with a new reality and awareness of life’s’ personal and professional journey—evidenced by the speakers own. By sharing your personal experiences, you give the students permission to not judge themselves or allow others to judge them if they happen to (and they will) fall/fail along their professional path. Through this course experience, they will ideally know that there is self-compassion, courage, and clarity in falling/failing forward. Because, “if we are brave enough often enough, we will fall; this is the physics of vulnerability” (Brown, 2015).

Support of Students
Healthy sharing, reflective guidance, openness to mentor, opportunities that you can provide, etc. is greatly appreciated

By sharing your personal experiences, you give the students permission to see the process of career through a different lens.

Thank for contributing to the dialogue!

Leslie A. Saulsberry
The Relationship Between Happiness, Purpose, and Work

Course Materials

Books


TED Talks

- Elizabeth Gilbert: Your elusive creative genius

- Shawn Achor: The happy secret to better work

- Mihaly Csikszentmihalyi: Flow, the secret to happiness

- Scott Dinsmore: How to find work you love

- Larry Smith: Why you will fail to have a great career

- Stefan Sagmeister: The power of time off

Course Expectations

Please come having reviewed the course materials, prepared to ask questions, and actively participate in class. The idea of this course is to thoughtfully, insightfully, and to reflectively engage in dialogue with the course materials, yourself, your classmates, the visitors, and me to glean as much practical knowledge as you can. The takeaway? A cache of multiple realities to assist you on your career and life’s journey.

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Course Meetings

In addition to the four classes that feature our guest speakers, our class will meet three other times (including the introductory meeting) to explore the life choices, intentional practices, ideas, applications, and flow of happiness, purpose, and work.

Course Objectives

This class is intended to introduce you to the ideas of happiness, purpose, and work and the relationship between the three. The objective is not only to expose you to multiple realities but also provide you with practical applications to use in your life and career.

Completing the very reasonable requirements for the course will provide you with:

- An introduction to *The Relationship Between Happiness, Purpose, Work, and Flow*
- An opportunity to have dialogue in an intimate intellectual community
- Conversations with colleagues in your field of academic study
- An opportunity to engage in intentional listening
- Practice in reflective dialogue with yourself, the course materials, and class participants
- Guidance in the art of having a conversation with and analyzing primary source materials
- An opportunity to fully and actively participate in class
- Low-stakes practice in tertiary level inquiry and writing
- Practical tools for life

Course Requirements

1. Attendance at all class meetings

   This course meets only seven times during the semester. For that reason, even one
absence represents a significant reduction in your course experience. Please do everything you can to avoid absences. If despite your best efforts you must miss a class, you may make up that absence by writing a three-page (double-spaced) paper on the materials for that meeting.

2. Participation in class discussion

3. Final Reflective Paper

   Academically

   Final reflective paper: 4-6 pages double-spaced. Reflect on your aha! moments. You will use the course materials and your notes from the four presentations to discuss: your aha! moments of the purpose, happiness, and work relationship; what, during the course experience (materials included), gave you permission to hear and acknowledge your inner truth—as it relates to purpose, happiness and work? How can what you learned be implemented in your life.

   Practically

   You will be able to use this finished document as a living career/life plan that will grow with you over time. Over the course of your career, revise it, tweak it, grow into it, and have reflective dialogue with it, yourself, and those that can positively support your journey. Most importantly, listen to your purpose! It is always talking to you!

Schedule

January 25: Introductions

• We will introduce ourselves and I will introduce the course

• We will also discuss: What is Purpose? What is Reflective Dialogue (with self, others, and primary source materials)?

February 8: Moise St. Louis & Buz Eisenburg

• Reading:

• TED Talk: Scott Dinsmore: How to find work you love

• We will explore 1-2 questions that pertain to the readings and how they intersect with
your life
• Bring 5-6 typed questions that you would like to explore from the materials for that meeting
• Bring 2-3 typed quotes from the materials for that meeting and share what they mean to you
• Come prepared with questions for the speakers

February 22: Jeff Keck & Jim Murphy

• **TED Talk:** Elizabeth Gilbert: Your elusive creative genius
• We will explore 1-2 questions that pertain to the readings and how they intersect with your life
• Bring 5-6 typed questions that you would like to explore from the materials for that meeting
• Bring 2-3 typed quotes from the materials for that meeting and share what they mean to you
• Come prepared with questions for the speakers

March 7: Discussion—Leslie A. Saulsberry

• **Reading:** Achor, S. (n.d.). *Before happiness: The 5 hidden keys to achieving success, spreading happiness, and sustaining positive change.*
• **TED Talk:** Shawn Achor: The happy secret to better work
• Bring 5-6 typed questions that you would like to explore from the materials for this meeting
• Bring 2-3 typed quotes from the materials for this meeting and share what they mean to you

Note: Please come prepared for an interactive, engaging, thought provoking discussion of the first two presentations and the related course materials for those meetings

March 21: Alysia Ordway & Wayne Langley

• **TED Talk:** Stefan Sagmeister: The power of time off
• We will explore 1-2 questions that pertain to the readings and how they intersect with your life
• Bring 5-6 typed questions that you would like to explore from the materials for that meeting
• Bring 2-3 typed quotes from the materials for that meeting and share what they mean to you
• Come prepared with questions for the speakers

April 4: Cynthia Peters & Sean Donovan
• **TED Talk**: Larry Smith: Why you will fail to have a great career
• We will explore 1-2 questions that pertain to the readings and how they intersect with your life
• Bring 5-6 typed questions that you would like to explore from the materials for that meeting
• Bring 2-3 typed quotes from the materials for that meeting and share what they mean to you
• Come prepared with questions for the speakers

April 18: Closing Discussion—Leslie A. Saulsberry
• TED Talk: Mihaly Csikszentmihalyi: Flow, the secret to happiness
• Bring 5-6 typed questions that you would like to explore from the materials for this meeting
• Bring 2-3 typed quotes from the materials for this meeting and share what they mean to you

Note: Please come prepared for an interactive, engaging, thought provoking discussion of the last two presentations and the related course materials for those meetings