



# **Consider Life Design**

**11th Annual Teaching and Learning Institute  
Blackwell Hall, The Rotunda Building  
May 13, 2024**

**LONGWOOD**  
UNIVERSITY

**Longwood University's Teaching and Learning Institute**  
**Consider Life Design**  
**Blackwell Hall, The Rotunda Building**  
**May 13, 2024**

- 8:15 -9:15**                    **Introduction to Life Design Principles** (for those unable to attend the Friday workshop). Full breakfast provided.  
*Blackwell Ballroom*
- 8:30-9:15**                    **Full breakfast and registration** (for those who attended the Friday workshop).  
*Blackwell Foyer*
- 9:15-9:30**                    **Institute Welcome**  
*Blackwell Ballroom*
- 9:30-10:15**                  **Keynote—Future by Design: A Life Design Approach for Thriving in a World of Change**  
Dr. Julia Lang, Professor of Practice and Associate Director of Career Education and Life Design, Phyllis M. Taylor Center for Social Innovation and Design Thinking, Tulane University  
*Blackwell Ballroom*
- 10:15-10:45**                  **Question and Answer Session followed by Table Discussions**  
*Blackwell Ballroom*
- 10:45-10:55**                  **Break**
- 10:55-11:25**                  **Life Design as an Institutional Initiative: Orientation**  
*Blackwell Ballroom*
- 11:30-12:30**                  **Concurrent Workshops Session 1**
- Designing a Holistic Advising Experience for Undergraduates.**  
*Rotunda 115*
- Co-curricular Advising/Mentoring Peer Leaders.** *Rotunda 108*
- Discovering Purpose: Enhancing General Education through Life Design.** *Rotunda 115*
- Building Community and Crafting Careers: Instructing with Life Design.** *Maugans Virginia Room*
- 12:30-1:15**                    **Lunch**

**1:15-2:15**

**Concurrent Workshops Session 2**

**Empowering Futures: Life Design for Teaching and Advising Graduate Students.** *Rotunda 108*

**How Do You Not Know This? Re-framing Our Expectations and Communication To and About Students.** *Maugans Prince Edward Room*

**Discovering Purpose: Enhancing General Education through Life Design.** *Rotunda 115*

**Life Design Resources Deep-Dive.** *Maugans Virginia Room*

**2:20-3:20**

**Concurrent Workshops Session 3**

**Building Community and Crafting Careers: Instructing with Life Design.** *Maugans Virginia Room*

**Intentional Student Employment Practices that Enhance Life Design and Career Development.** *Maugans, Prince Edward Room*

**Co-curricular Advising/Mentoring Peer Leaders.** *Rotunda 108*

**3:25-3:35**

**BREAK**

**3:35-4:35**

**Concurrent Workshops Session 4**

**How Do You Not Know This? Re-framing Our Expectations and Communication To and About Students.** *Maugans Prince Edward Room*

**Designing a Holistic Advising Experience for Undergraduates.** *Rotunda 115*

**Life Design Resources Deep-Dive.** *Maugans Virginia Room*

**4:35-5:00**

**Synthesis, Q&A, and Networking.** *Blackwell Ballroom*

**5:00-6:00**

**Reception**  
*Blackwell Foyer*

## SESSION DESCRIPTIONS

### **Introduction to Life Design Principles** (for those unable to attend the Friday workshop)

*Blackwell Ballroom*

This session is a crash course in the what, why, and how of design thinking. If you were unable to attend Friday's virtual pre-Institute workshop, this session will help you consider your own work and life from a design perspective, so you can get the most from your day at the Institute.

### **Keynote—Future by Design: A Life Design Approach for Thriving in a World of Change**

Julia Lang, Professor of Practice and Associate Director of Career Education and Life Design, Phyllis M. Taylor Center for Social Innovation and Design Thinking, Tulane University:

*Blackwell Ballroom*

In a world where change is the only constant, cultivating adaptability, creativity, and self-awareness is critical for students preparing for the future of work. This keynote will explore how life design, rooted in the principles of design thinking, can bolster resilience, enhance flexibility, and equip students to adeptly maneuver through the complexities and unpredictability of our ever-changing world.

### **Life Design as an Institutional Initiative: Orientation**

Facilitators: Sarai Blincoe, QEP Lead, Associate Professor and Chair of Psychology; Waleed Ahmed, Associate Director, Enrollment Management and Student Success; Quincy Goodine, Associate Director of Multicultural Affairs and Leadership Development

*Blackwell Ballroom*

Join QEP lead Sarai Blincoe and co-leads Waleed Ahmed & Quincy Goodine for an overview of how a *consider life design* framework is guiding activities within Longwood's new Quality Enhancement Plan, Post-Graduate Success Initiative. We hope that learning more about Longwood's plan will inspire all participants to implement similar strategies at their institutions. For Longwood faculty and staff, the session will also include information on grant-funding available to engage in life-design focused course (re)design and content development for a post-graduate success virtual toolkit. By the end of this orientation, all participants will also have goals and a plan for navigating and capitalizing on the sessions available at the Institute.

## 11:30-12:30 Concurrent Workshops Session 1

### **Designing a Holistic Advising Experience for Undergraduates**

Facilitators: Sarai Blincoe, QEP Lead, Associate Professor and Chair of Psychology; Max Feuti, Advisor

*Rotunda 115*

This workshop provides the time and tools for new and experienced advisors alike to examine and refine their approach to undergraduate advising. Participants will reimagine their advising approach using design mindsets and activities that can ultimately support student academic success and overall well-being.

### **Co-curricular Advising/Mentoring Peer Leaders**

Facilitators: Quincy Goodine, Associate Director of Multicultural Affairs and Leadership Development; Waleed Ahmed, Associate Director, Enrollment Management and Student Success

*Rotunda 108*

In this session, we will explore the diverse lives of student leaders --what inspires them, how their identities and experiences affect how they perceive the world, and the stories they tell about their college experiences. You'll learn practical techniques to help students rethink their success stories and perspectives, improving your ability to mentor effectively in a supportive setting.

### **Discovering Purpose: Enhancing General Education through Life Design**

Facilitators: Kris Paal, Associate Professor of Communication Studies; Jacob Dolence, Director, Educational Innovation and Entrepreneurial Ecosystems; Honors Scholar

*Rotunda 115*

In this hands on workshop, we will explore how the themes of empathize, define, ideate, prototype, and test apply to your teaching, your own life, and the future of your students. We will start with a framework for how to integrate these experiences into a general education context. Next, participants will learn by doing and building a product for another faculty member using design thinking. Finally, there will be sufficient time to apply the skills to your course design and student learning experiences. All participants will walk away with a guidebook to numerous quick and easy activities out of the book "Designing Your Life," with lesson plans for integration into their courses.

### **Building Community and Crafting Careers: Instructing with Life Design**

Facilitators: Jeff Halliday, Associate Professor of Communication Studies/Chair; Max Hennings, Associate Professor of Psychology

*Maugans, Virginia Room*

Join our workshop to explore how to begin blending academia with career development for undergraduates. We'll tackle the challenge of guiding students' self-discovery while incorporating practical life design strategies into your courses or program. Discover ways to help students consider their career paths within a supportive learning community, without sacrificing academic rigor. Leave with actionable ideas you can begin implementing right away in order to best empower your students.

## **1:15 – 2:15 Concurrent Workshops Session 2**

### **Empowering Futures: Life Design for Teaching and Advising Graduate Students**

Facilitators: Sarah Tanner-Anderson, Assistant Dean of the College of Graduate and Professional Studies, Associate Professor and Program Director of Educational Leadership; Kate Morgan, Director of Graduate Services

*Rotunda 108*

Join us for an interactive workshop and discussion on how to integrate Life Design techniques into teaching and advising at the graduate level. Participants will leave with tools and strategies that can be used to empower graduate students in their future endeavors.

### **How Do You Not Know This? Re-framing Our Expectations and Communication To and About Students**

Facilitators: Jen Fraley, Dean of Students; Jenny Retallick, Trauma Specialist, Licensed Clinical Psychologist

*Maugans, Prince Edward Room*

In this session, participants will be guided through a series of discussions and activities to help build insight into issues outside of the classroom that affect academic performance/persistence, expectations regarding student performance, and effective communication skills. Upon completion, participants will be able to identify common issues students face in their personal lives that affect academic performance, challenge assumptions about student expectations, and practice effective communication skills for difficult conversations.

### **Discovering Purpose: Enhancing General Education through Life Design**

Facilitators: Kris Paal, Assistant Professor of Communication Studies; Jacob Dolence, Director, Educational Innovation and Entrepreneurial Ecosystems and Honors Scholar

*Rotunda 115*

### **Life Design Resources Deep-Dive**

Facilitator: Dr. Julia Lang, Professor of Practice and Associate Director of Career Education and Life Design, Phyllis M. Taylor Center for Social Innovation and Design Thinking, Tulane University

*Maugans, Virginia Room*

This workshop offers an in-depth exploration of life design mindsets and activities suitable for use in classes, workshops, or individual sessions with students. Participants will start with an overview of life design mindsets and core activities, then engage in breakout sessions for self-guided discovery and practical application tailored to their specific campus role.

### **2:20-3:20 Concurrent Workshops Session 3**

#### **Building Community and Crafting Careers: Instructing with Life Design**

Facilitators: Jeff Halliday, Associate Professor of Communication Studies, Chair of the Department of Communication Studies; Max Hennings, Associate Professor of Psychology

*Maugans, Virginia Room*

#### **Intentional Student Employment Practices that Enhance Life Design and Career Development**

Facilitator: Larry Robertson, Assistant Vice President, Student Development; Liz Narehood, Senior Director of Career and Professional Engagement; and a panel of Longwood experts.

*Maugans, Prince Edward Room*

Hundreds of students are employed by various offices on campus, but the true benefits of these experiences are often overlooked. This presentation will focus on how we can create application processes, supervision discussions, and evaluation processes that better prepare students for their lives, their job searches, and their careers.

#### **Co-curricular Advising/Mentoring Peer Leaders**

Facilitators: Quincy Goodine, Associate Director of Multicultural Affairs and Leadership Development; Waleed Ahmed, Associate Director, Enrollment Management and Student Success  
*Rotunda 108*

### **3:35-4:35 Concurrent Workshops Session 4**

#### **How Do You Not Know This? Re-framing Our Expectations and Communication To and About Students**

Facilitators: Jen Fraley, Dean of Students; Jenny Retallick, Trauma Specialist, Licensed Clinical Psychologist

*Maugans, Prince Edward Room*

#### **Designing a holistic advising experience for undergraduates**

Facilitators: Sarai Blincoe, QEP Lead, Associate Professor and Chair of Psychology; Max Feuti, Advisor

*Rotunda 115*

#### **Life Design Resources Deep-Dive**

Facilitator: Julia Lang, Professor of Practice and Associate Director of Career Education and Life Design, Phyllis M. Taylor Center for Social Innovation and Design Thinking, Tulane University

*Maugans, Virginia Room*