So what’s this Design Thinking stuff really about?

The WCSU Life Design Lab at the Career Success Center helps you apply design thinking techniques to help tackle any career challenges. Below is a quick overview of design thinking to put this in context.

**It’s an iterative process that helps you:**
- **KNOW** yourself,
- **EMPATHIZE** with situations,
- **CHALLENGE** assumptions,
- **REDEFINE** problems...and
- **IDENTIFY** alternative and unconventional solutions that are not initially clear.

**For Life Design, we start with the most challenging project you face:**
- **Your career and what to do with your life!**

**Design thinking is a creative process used by the world’s most successful organizations to solve and transform challenging problems by building a way forward.**

**It's about getting unstuck:**
- Learn how dysfunctional thinking holds you back.
- Life design gives you options to build your way forward.

**Your mindsets are important!**
- Be curious
- Try stuff/prototyping
- Reframe problems
- Know it’s a process
- Build your design team & ask for help.

"Designing Your Life" classes and/or workshops are available to all students. Connect with the Career Success Center to learn more.

Designing Your Life
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