

Course Title	Career Design CED1-2	Instructor(s)	Cathrine-Mette Mork
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Class Style	Lecture	Office Hours	Thursday 13:00~16:00
Track		Mode of Instruction	Omnibus
Credits	2 credits	Allocated Year	1 st year
Active Learning	Lectures, Reflection writing, Discussion, Note-taking, Think-Pair-Share	Compulsory or Elective	Compulsory
Course Overview	<p>Career design is the process of self-analysis, envisioning possible future pursuits, and planning for those possible futures. This entails thinking about how to build a rich professional life in today's world, which consists of a variety of sometimes conflicting values. Career design is a key component of a healthy and vibrant society. When individuals can pursue careers that align with their passions and values, they are more likely to be engaged, productive, and fulfilled, and might be as a result more likely to contribute to a more just and equitable society. This course aims to provide students with tools and resources for navigating the complex world of work, including networking, job search strategies, resume building, and interview techniques. By the end of the course, students should have a greater understanding of their own career aspirations, a stronger sense of the skills and competencies necessary for success in the workplace, and a clearer vision of the steps they need to take to achieve their career goals.</p>		
Course Objectives	<p>By the end of the course, students should have gained an understanding of</p> <ol style="list-style-type: none"> (1) What career design is and the basics of self-analysis. (2) One's own vocational interests, values, and personal strengths. (3) The needs and requirements of society and hiring organizations. (4) Optimal ways of thinking to design one's own career. (5) How to make rough plans for student life and post-graduation career paths. 		
Prerequisite	None		
Course Schedule	No	Contents	Homework
	1	Orientation & Readings	Preparatory reading
	2	Odyssey Planning 1	Worksheet completion
	3	Odyssey Planning 2	Odyssey Plan completion
	4	Designing your Career 1	Worksheet 1 completion
	5	Designing your Career 2	Worksheet 2 completion
	6	Life Design	Cornell Notes & Summary/ Reflection Writing
	7	Design Thinking	Cornell Notes & Summary/ Reflection Writing
	8	Resume Building	Resume completion
	9	AI & the Future of Work	Cornell Notes & Summary/ Reflection Writing
	10	Anderson Passos – Work Options in the Future	Cornell Notes & Summary/ Reflection Writing
	11	Paul Richards – Time Management, Productivity, and Research	Cornell Notes & Summary/ Reflection Writing
	12	Marc Waterfield – Sport as a Path to our Future	Cornell Notes & Summary/ Reflection Writing
	13	Lloyd Walker – Work in Japan (Job Hunting & Interview Techniques)	Cornell Notes & Summary/ Reflection Writing
	14	Eunsoo Choo – Self-Directed Japanese Study	Cornell Notes & Summary/ Reflection Writing
	15	Reflection Essay	Complete essay
Grading	<ol style="list-style-type: none"> (1) Assignments such as Cornell note-taking sheets, short summary reports, worksheets: 75% (2) Reflection Essay: 25% 		
Textbooks	No text is required, but a list of books will be recommended. One such text is "Designing your life – How to live a well-lived, joyful life" by Bill Burnett & Dave Evans.		
References	Materials such as worksheets will be supplied by the instructor(s) in addition to links to resources provided on course site as needed.		
NOTES	Students should bring earphones and a fully charged laptop or other suitable device with Internet connection to all classes. Classes 10-14 will consist of guest lecturers from MIC faculty.		