Course Title: Mapping Your Path to Career Satisfaction  
Course Code: BUS 167 W  
Instructor: Kathleen Sexton

Course Summary:  
Using the career assessments Myers-Briggs Type Indicator (MBTI Career) Report and Skillscan, as well as videos, self-reflection activities, assignments, and discussion, this course will take you on a journey of self-discovery to learn how to navigate your quest towards career satisfaction.

You’ll find this course beneficial if you’re plotting the first stop on your career journey, next steps, re-entry, or a path towards retirement. Students will leave the class with a plan for the next steps on their career map, and be equipped with tools to help manage the internal roadblocks blocking them from their desired destination.  
Note: This course does not focus on the job search process.

Learning Goals:  
• Identify and maximize a greater understanding of yourself to plot your career journey leading to increased career satisfaction  
• Understand and manage your internal roadblocks to satisfaction  
• Create a plan for the next steps on your career map

Grade Options and Requirements:  
Students have these grading options for this course:

• No Grade Requested (NGR)  
  o No work is required; no credit shall be received; no proof of attendance can be provided. (Not suitable for those requiring proof of attendance/completion.
• Credit/No Credit (CR/NC)  
  o To earn credit, students must participate in at least 75% of the online discussions and/or the weekly live sessions. Posting in the “General Comments and Question” thread does not count towards credit.  
  o Completion of Career Map and video review.

What counts toward credit? Any post that contributes to our learning environment. It could include personal sharing, reflections on the ideas/science, or responding thoughtfully to another participant’s post.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Please contact the Stanford Continuing Studies office with any questions  
365 Lasuen St., Stanford, CA 94305  
continuingstudies@stanford.edu
650-725-2650
Required Text:
*Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type* by Tieger, Baron and Tieger.
Publisher: Little, Brown and Company; 5th edition (April 15, 2014).

Zoom Schedule:
Live sessions will take place weekly on Tuesdays at 7 pm PT (9/26 - 11/14/2017)

Weekly Outline:
Weekly, we will have a lecture, online discussions, and 1 to 3 assignments. Periodically there will be an online video or article from the Internet to read/review. In addition, each week, participants will be adding information to their career map, which will culminate with your final project.

**Live sessions** will take place weekly on Tuesdays at 7 pm PT (9/26 - 11/14/2017).

Each week there will be a discussion that provides students with the opportunity to discuss the topics addressed that week. There is also a "Class Comments and Questions" discussion that is open throughout the course. This is a great place to post thoughts or questions related to the course topics that don't seem to fit in any of the other discussions, or to post questions about the structure of the course, assignment expectations, class grading requirements, and so on.

There is a **final project** where you complete your Career Map and review it with me through a short video.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
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| 1. Career Mapping | • Course Overview  
• Past Territory Traveled  
• Career Maps |
| 2. Uncovering Your First Guideposts | • Guide Posts #1: Values  
• Guide Posts #2: Personal SWOT analysis |
| 3. Exploring Skills & Understanding Change | • Guide Post #3: Skills  
• Moving into New Territory: Managing Change and Transitions |
| 4. Understanding More About You - Your Personality Style and Your Work Environment Preferences | • Guide Post #4: Personality Styles (Myers Briggs Type Indicator) & Career Satisfaction  
• Guide Post #5: Work Environment Preferences |
| **5. Dealing with Challenges & Getting Motivated** | • Managing Career Roadblocks/ Getting Unstuck  
  o Inner critic (limiting beliefs)  
  o Fear (failure, change, success)  
  o Financial/family considerations  
  o Life context impacts (age, health, financial considerations, family)  
  • Managing Your Inner Critic  
  • Guide Post #6: Interests & Personal Motivators |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| **6. Looking for Themes in Your Career Map** | • Pulling Things Together/ What Paths Do All the Guide Posts Suggest You Might Want To Explore?  
  • Career Exploration Techniques  
  • Decision Making  
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| **7. Planning Outside the Box - Using Creative Techniques for Career Strategizing** | • Roadmap instructions for next year’s journey on your career map  
  • Creative Techniques for Exploring Options  
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| **8. Taking Action - Next Steps on Your Career Map** | • Planning your journey  
  • Mental models for the journey  
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