

TEACHING & LEARNING

“Design Your Life”: Creating a Wonderful Life by Making Your Dreams a Reality

Share:     



Even after graduation, the seniors set up the Detour Team to continue to support the course, allowing students to find out their own life paths through conscious attempts, and realize the blueprint of their ideal life.

“Design Your Life” is one of the popular courses at NTU D-School. This course focuses on guiding students to explore themselves; moreover, at the end of the semester, the significant others in the students’ lives will be invited to a sharing session, where they will reflect on their process of exploration, their new understanding of themselves, as well as their future aspirations.

“Can life be designed?” is a question that is often raised in this course. Huang, a student from the Department of Business Administration, said that the core of life design includes “community, time and practice.” Courses like this build a supportive community and give students the courage to do what they have always wanted to do. This process takes time and requires practical actions.

Ying, a student from the Department of Biomechatronics Engineering, mentioned: “Although many of us met one another in this course for the first time, everyone at D-School is kind enough to offer great support and encouragement to



Students review the past, reflect on the present, and learn to take action through the course. These experiences become the stories they tell their significant others. Through exploration, they share their hesitations, growth paths, and future directions.

their respective plans.” The guests included not only classmates but also partners, friends and family. Prof. Shi-Wei Chu, Vice President for Student Affairs, pointed out that such companionship and support are the most precious assets in life. Students spend a lot of time thinking about their lives in this course, which is rare in university studies.

With the dedicated support from a team of students and faculty members, “Design Your Life” has been on offer for 5 years. Prof. Pin-Hao Chen from the Department of Psychology and Prof. Wenn-Chieh Tsai from D-School acknowledges and appreciates their contribution along the way.



This is an occasion for honest sharing where everyone can hear each other's plans and offer support.