

FLX Summer Internship Program

Ed Hajim Life Design Curriculum

“Passions, principles, partners, and plans [are] the key ingredients to making a successful life.” — *Ed Hajim, The Island of the Four Ps*

Course Description

This course introduces students to the principles and practices of life design planning through the framework established by Ed Hajim, author of *Island of the Four Ps: A Modern Fable About Preparing for Your Future*. Students will explore their unique strengths, values, interests, and aspirations while developing a personalized Life Design Plan. Through reflection, discussion, networking, career exploration, and experiential learning, participants will gain the tools and confidence to shape a meaningful and purposeful future guided by their passions, principles, partners, and plans.

Course Goal

To empower students to intentionally design their future by identifying their values, passions, relationships, and goals, while developing the skills and resources necessary to navigate personal and professional success.

Learning Outcomes

By the conclusion of this course, students will be able to:

- Develop a foundational vocabulary and framework for life design planning.
 - Recognize and articulate their personal strengths, passions, values, and guiding principles.
 - Build meaningful relationships and identify key partners who can support their personal and professional growth.
 - Utilize networking, career exploration, and professional development tools to advance their goals.
 - Create a comprehensive and adaptable Life Design Plan that reflects their evolving aspirations.
 - Demonstrate a greater sense of purpose, agency, and confidence in shaping their future.
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Required Course Materials

- *Island of the Four Ps: A Modern Fable About Preparing for Your Future* by Ed Hajim
 - Handshake platform access
 - Laptop computer (required for each session)
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Course Schedule

Session 1 – June 3

Course Introduction and Program Overview

Students will introduce themselves and begin building a supportive learning community. The instructor will provide an overview of the course, outline expectations, and introduce the final project: the Life Design Journal and Plan.

Topics include:

- Introduction to Life Design concepts
- Overview of the Four Ps Framework
- Handshake platform orientation

Guest Speaker: Shayne Feinberg

Assignment:

- Read Chapters 1–2
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Session 2 – June 10

Sharing Your Story and Discovering Your Passions

Students will reflect on and share their personal stories as they begin identifying the experiences and interests that shape their passions.

Topics include:

- Personal storytelling and self-reflection
- Identifying passions and areas of interest
- Career exploration exercises and resources

Guest Speaker: Emily Lewis, Career Services Resources, and Introduction

Assignment:

- Read Chapter 3
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Session 3 – June 17

Values, Principles, and Professional Identity

Through guided discussion and reflection, students will explore how values and principles are developed and how they influence decision-making. The session will encourage thoughtful dialogue and help students identify the beliefs that will guide their personal and professional lives.

Topics include:

- Personal values and ethical decision-making
- Identifying core principles
- Exploring future opportunities and campus resources
- Professional branding and online presence

Guest Speaker: Jessica Townley, LinkedIn

Assignments:

- Read Chapter 4
- Draft a professional networking email
- Use the HWS LinkedIn page to identify five alumni you would like to connect with

Session 4 – June 24

Building Meaningful Partnerships

Students will examine the importance of relationships and partnerships across all aspects of life, including personal growth, family, career, and community engagement.

Topics include:

- The role of mentors, peers, and professional networks
- Identifying qualities of effective partnerships
- Understanding personal support systems

- Networking strategies and relationship building

In-Class Activity:

- Reach out to identified alumni contacts
- Build a networking tracker using HWS Handshake resources

Guest Speaker: Isabelle Strong, Networking 101

Assignment:

- Read Chapters 5–6
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Session 5 – July 8

Planning for the Future

Students will integrate lessons from previous sessions to begin developing short- and long-term plans aligned with their passions, principles, and partnerships.

Topics include:

- Strategic life and career planning
- Goal setting and decision-making
- Understanding trends that influence career paths, including:
 - Technology
 - Government and public policy
 - Demographic shifts
 - Economic trends

Guest Speaker: Brandi Ferrara, Resumes and Professional Communication

Assignment:

- Complete Part II of the Life Design Project
 - Complete a mock interview through Big Interview:
 - Website: <https://hws.biginterview.com>
 - Login using HWS Single Sign-On (SSO)
 - Assignment Code: **22d388**
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Session 6 – July 15

Self-Exploration, Agency, and Resilience

Students will explore the concept of agency—the ability to influence outcomes through intentional actions and choices. Discussion will focus on developing resilience and navigating challenges that arise throughout life and career journeys.

Topics include:

- Understanding personal agency
- Developing productive habits and accountability
- Building mental, emotional, and physical well-being
- Adapting to change and uncertainty
- Turning obstacles into opportunities

Guest Speaker: Chuck Maloy, Interviewing Essentials

In-Class Activity:

- Resume review and refinement
 - Identifying and articulating transferable skills
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Session 7 – July 22

“My disadvantages became advantages.” — Ed Hajim

****Possible visit with Ed Hajim*

Learning from Inspiring Leaders

Students will identify and engage with individuals whose careers, achievements, and values align with their own aspirations.

Topics include:

- Informational interviewing techniques
- Learning from diverse career paths
- Analyzing biographies and leadership journeys
- Building mentorship relationships

Assignment:

- Schedule and conduct informational interviews
- Prepare reflections on key insights gained

Session 8 – July 29

Final Presentations: Celebrating Your Life Design Journey

In the culminating session, students will present their Life Design Journals and reflect on the growth they have experienced throughout the program.

Topics include:

- Mapping and strengthening personal and professional networks
- Maintaining meaningful relationships over time
- Applying the Four Ps framework to future planning
- Embracing life design as a dynamic and evolving process

Final Project Presentation: Students will present their Life Design Journal, highlighting:

- Passions
- Principles
- Partners
- Plans
- Key lessons learned and future aspirations