Happy holidays ENTP students, alumni, faculty, and friends! I hope you enjoyed the holiday treats in the OC yesterday. It was fun catching up and hearing all about your holiday plans.

I have one more holiday treat for you of the design thinking variety. Did you know you can apply design thinking to make positive change in your life? Why not give it a whirl during the upcoming break...

We know it is all too easy to glide from semester to semester without taking the time to reflect. As we tie a bow on fall semester and look ahead to spring, let’s use design thinking to reflect on this semester and prepare for the next. Learning and growth only happens through reflection.

Carve out a few minutes to try the design thinking exercise below. This exercise was created by Stanford Design School’s Executive Director, Sara Stein Greenburg, and it offers a fun way to reflect on what you liked about your semester (“I liked...”) and
what you wish had happened or wish you had accomplished (“I wish...”). Once you have completed the exercise, share it with family and friends!

Let’s get started...

---

**Gather your materials**

1. Blank paper (the bigger the better)
2. Blue pen
3. Orange pen

---

**Draw Your Map**

On your blank sheet of paper, draw a vertical line on the left-hand side of the page. This line represents a scale, from very positive at the top to very negative at the bottom.

Draw a horizontal line at the middle or bellybutton of this line that extends to the right-hand edge or the length of the paper. This 2nd line represents time (i.e., your fall 2021 semester).
**Make a List**

On a separate sheet of paper or in a notebook, list all the things you did this semester both big and small. What was it like coming back on to campus? Walking into the classroom? Rejoining your team and morning practice? Or walking back on to the stage?

Then, ask yourself what happened next. And after that? Jog your memory about everything that happened this semester. You should have a nice long list. You did a lot this semester!

**Map Your Learning Journey**

Take your blue pen and map your learning journey, from negative events at the bottom to more positive events at the top. Chart the ups and downs: when were you learning a lot? When did you stall out or when did learning material in a class feel particularly hard?

**Map Your Emotional Journey**

Take your orange pen (or draw a dashed or dotted line) and map your emotional journey. Map the highs and lows of your emotional journey: When did you feel excited? When were you frustrated or nervous?

For both lines label the highs and lows. Recall and capture in detail what
occurred in those moments. These are critical inflection points: they show moments of change that either happened to you or you made happen.

Look for Patterns and Insights
Once you have completed your map, step back and observe it. What is this map telling you about your experience this semester? What caused the highest highs or the lowest lows? What actions led to a turnaround at certain inflection points? Where do your lines converge or diverge? What was happening during the overlaps or the gaps? Where did you experience productive struggle (where the learning was high and emotional experience was low; recall from ENTP 110 that frustration can be a sign that you are learning and ease a sign that you are not)? How did your learning experience relate to your emotional experience? What helped you learn? What did you learn about how you learn best?

Generate Ideas (Ideate!)
Take stock of what you learned and think about how and where you might apply these insights next semester. What will you try? What worked for you that you will lean into this spring? How might you create optimal learning conditions for yourself? Choose some interesting ideas to explore and test in 2022.

Outlook for 2022: Resilient & Hopeful
Armed with this information, you can design an amazing spring semester and make great things happen!
**IN CASE YOU MISSED IT**

**ENTP Curriculum in Action**

ENTP's Former Director, Professor Patricia "Trish" Thomas, continues to slay the snack game with her million-dollar idea (literally!).

Last month, Trish’s startup - Whole & Free Foods, LLC - Every Body Eat® - won the $1M prize at the Grow-NY competition.

The #Chicago company launched in 2017 makes, markets, and sells delicious food that is free from the most common 14 allergens, corn, and sugar so that people can enjoy it, together, regardless of dietary restrictions or preferences. Congrats to the Every Body Eat team! Read more [here](#).

---

**ENTP Alumni Board**

Learn more about our new [Entrepreneurship Alumni Board](#) whose aim is to engage with students, faculty, and alumni to build a vibrant entrepreneurial ecosystem for the Lake Forest College community.

---

**ENTP Venture Opportunities**
Copenhagen Business School Pitch Competition

Social entrepreneurs be sure to check out Copenhagen Business School's #impaktWISE Ideation and Pitch competition, which focuses on creative and innovative social business model ideas.

You might win 20,000 DKK!
Learn more [here](#).

Deadline for submission is Thursday, January 20, 2022.

Rice University Business Plan Competition

Apply to Rice University's annual Business Plan Competition. Open to all College students. This competition offers four weeks of in-depth mentoring, feedback, and guidance from investors and entrepreneurs as well as multiple opportunities to showcase your startup to a wider audience.

Learn more [here](#).

Deadline for submission is Monday, January 31, 2022. Apply [here](#).

---

**SEE YOU @ THE OC IN 2022**
Wishing you a restful and restorative holiday break. We hope that you are able to connect with the people, places, and things that bring you peace and happiness.

At Lake Forest College, our entrepreneurs and innovators identify problems worth solving and mobilize the people, resources, and networks to solve them.

Our students’ ideas start here and go anywhere and everywhere...

Copyright © 2021 Entrepreneurship and Innovation at Lake Forest College, All rights reserved.