Exploration to Reduce Purposelessness in the Young Adults of Taiwan

Olivia Art, Logan Boutwell, Charlotte Roscoe, Timothy Steckо
60% of Taiwanese young adults indicated they have felt purposeless.
What is purpose?

- Purpose is the greater plan which one works towards in life
- Individuals without a clear sense of purpose feel lost about what to accomplish
- Developing a strong sense of purpose channels stress towards a greater goal
The Problem: Taiwanese Education Culture

Exam-based education and subsequent supplemental tutoring leaves Taiwanese students hopeless and without time to find their passions.
Our Sponsor: City Wanderer
Missions

Targeted Exploratory Challenges designed to push young adults out of their comfort zone
Mission Categories

Self-Awareness

Adventure & Challenge

Connection Rebuilding

Social Participation
One Day Challenge
Mission Statement

To gain insight into the cause of young adult purposelessness in Taiwan in order to help young adults find meaning in their lives.
Determine key factors that influence purpose for Taiwanese young adults

Identify solutions from previous ‘Missions’ to address those factors

Define the types of ‘Missions’ that best develop purpose in Taiwanese young adults
Methods
1. Archival Research
2. Surveys
3. Interviews
Target Demographics

Population 1: Young Adults Aged 18 - 25

Population 2: Past ‘Mission’ Participants
150 Surveys

5 Interviews
117 Young Adults
- On-the-street
- SCU students
- SCU Facebook

33 City Wanderer
- Email alias
- Instagram

3 Young Adults
- Semi-structured
- Hour-long
- In English or with translator

2 City Wanderer
- Semi-structured
- Hour-long
- In English or with translator
Results and Analysis
General Survey Results

If you feel purposeless now, what do you believe is your biggest obstacle to finding purpose?
如果你現在沒有人生的目標，你覺得最大的障礙是什麼?

- Lack of Direction: 24%
- Self: 28%
- Financial: 15%
- School: 9%
- Family/Social: 6%
- Other: 18%

N=54
If you have felt purposeless before, what helped you find purpose again?

如果有過了人生沒有目標的感覺的話，有什麼因素幫你再次找到方向？

- Self-Exploration: 37%
- Friends/Family: 28%
- Hobbies/Activities: 16%
- Academics: 5%
- Other: 14%

N=64
City Wanderer Survey Results

Which of the following abilities are important to you for exploration?

以下哪些能力對你來說,是展開探索的重要能力?

- Breakthrough Mindset
- Self-development
- Communication
- Perception
- Grit and Perseverance
- Connectedness
- Empathy
- Social Responsibility

N=13

Number of Responses
Interviews Summarized

- Dislike of Taiwanese education system
- Gap years benefit purpose
- Purpose varies between respondents

“School just involved taking tests and the teachers talking about things that we weren’t interested in, ... I think that didn't fit me.”
Analysis

5 Missions

- Career & Purpose
- Exploring Interests
- Connection with Family
- Affordability
- Going out of Comfort Zone
- Connection with Strangers
- Self Exploration
- Relief from Judgement
- Participating in Hobbies
- Self Improvement
- Connection with Friends

Interview Results

General Survey Results

City Wanderer Survey Results
Recommendations

Our five proposed ‘Missions’
Proposed Missions

1. Identity Tree (Self-Awareness)
2. Hometown Tour (Self-Awareness)
3. Striking a Chord (Connection Rebuilding)
4. Career Shadowing (Adventure & Challenge)
5. Food for Thought (Social Participation)
Identity Tree (Self-Awareness)

Identified Issue:
- Lack of clarity about interests and talents

Mission Solution:
- Create an "Identity Tree" for personal self-reflection
- Include skills, interests, hobbies, identities, and personality traits

Goal:
- Help participants understand their identity and strengths
- Provide clarity for career choices
Hometown Tour (Self-Awareness)

Identified Issue:
● Feeling lost in life

Mission Solution:
● Make a day or half-day tour of your hometown
● Take one or more friends to your favorite places and share stories

Goal:
● Reconnect with home and the memories it holds
Striking a Chord (Connection Rebuilding)

Identified Solution:
- Connect with friends and family

Mission Solution:
- Each person chooses a song that reminds them of the other person
- Participants then exchange their selection and share thoughts

Goal:
- Provide connection for people who have difficulty expressing things in words
Identified Issue:
- Young people feel that Taiwanese education limits career exploration

Mission Solution:
- Choose your dream career, and write a resume and cover letter for it
- Reach out to a professional in that area and ask to shadow them for a day
- No matter if you were able to shadow or not, write a reflection on your thoughts

Goal:
- To provide clarity on career decisions
Identified Solution:

- Exposure to new things and ideas

Mission Solution:

- Participants try food from a culture they haven't interacted with before
- Tasked to learn about the dish's story or the cook’s experience

Goal:

- Encourage exploration of new cultures and perspectives to foster a broader worldview
Impact

Proposed ways to provide young adults with a sense of purpose to build a more confident next generation of Taiwan
Image References

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Questions?
Extras
If you have felt purposeless before, what do you think caused your purposelessness?

N=68

- Lack of Self-Exploration: 23.5%
- Mental Health: 7.4%
- Career and Academic Uncertainty: 8.8%
- External Pressures and Influences: 13.2%
- Lack of Direction: 30.9%
- Education System: 13.2%
- Other: 2.9%
In the last few months I have felt prolonged periods of purposelessness in life.

在過去幾個月裡，我曾經感受到人生沒有方向。

- Agree: 22.4% (32 people)
- Somewhat Agree: 37.6% (49 people)
- Neutral: 16.5% (14 people)
- Somewhat Disagree: 15.3% (13 people)
- Disagree: 8.2% (7 people)

N=85