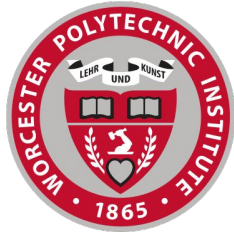


# Exploration to Reduce Purposelessness in the Young Adults of Taiwan

Olivia Art, Logan Boutwell, Charlotte Roscoe, Timothy Stecko



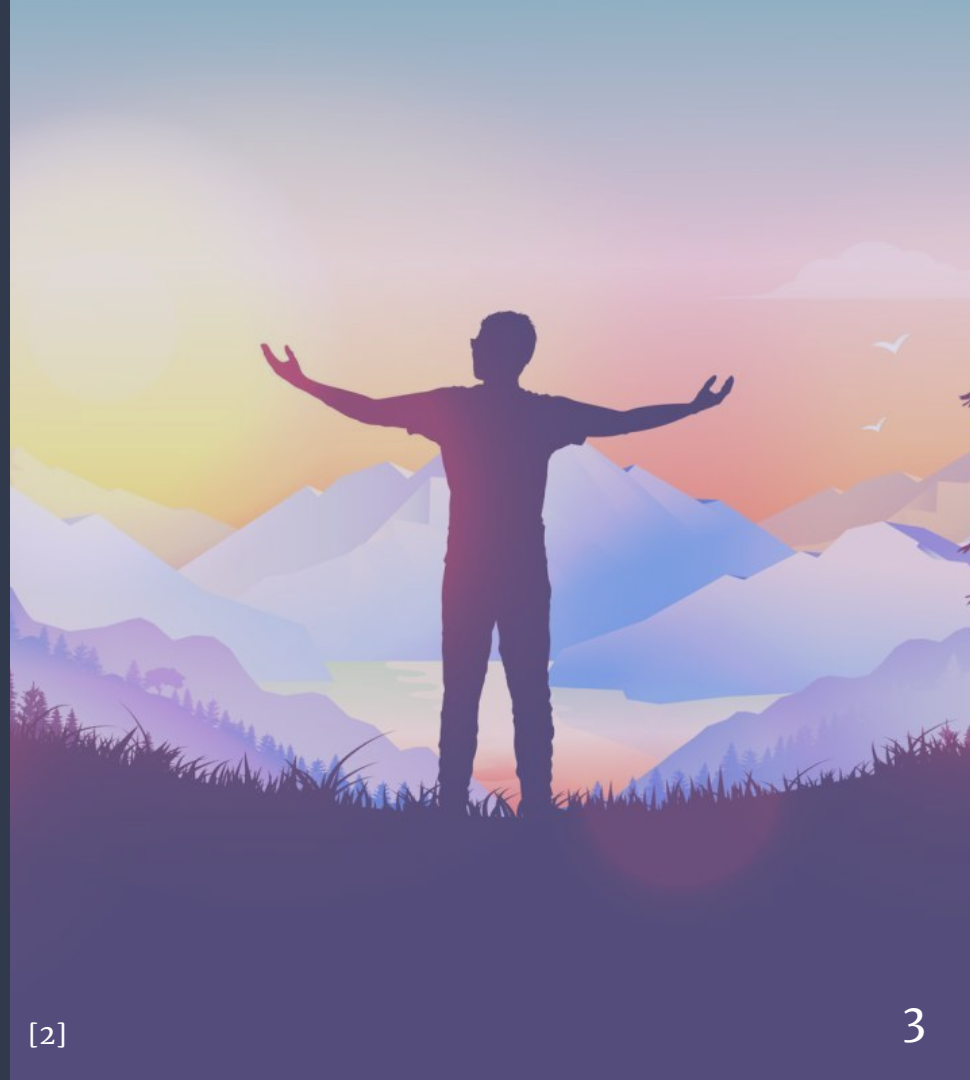


60%

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





城市浪人  
City Wanderer

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



城市浪人  
City Wanderer

# 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.**

# Project Objectives

1

Determine key factors that influence purpose for Taiwanese young adults

2

Identify solutions from previous 'Missions' to address those factors

3

Define the types of 'Missions' that best develop purpose in Taiwanese young adults

# Methods



1

**Archival Research**

2

**Surveys**

3

**Interviews**

# Target Demographics



[7]

Population 1:

**Young Adults Aged 18-25**



[8]

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

# Results and Analysis

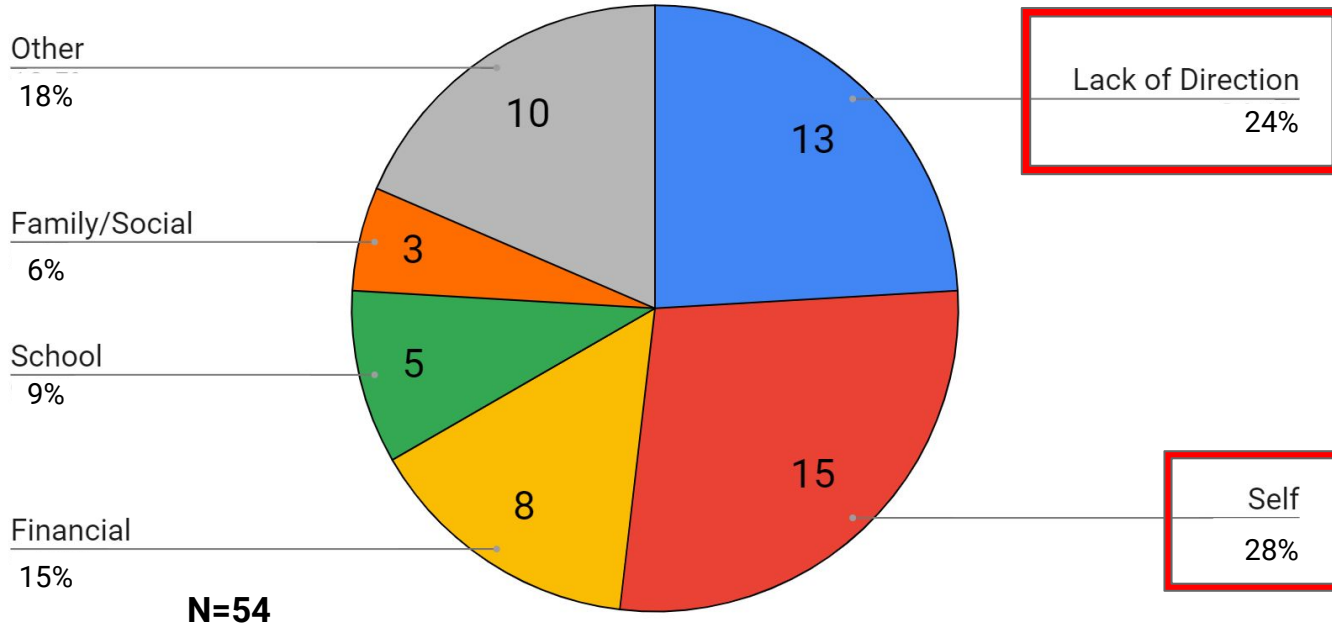
A grayscale cityscape background with a diagonal line separating the white text area from the city image. The city features numerous skyscrapers and buildings, with a prominent tower on the right side. The sky is hazy, and the overall tone is muted and professional.



# General Survey Results

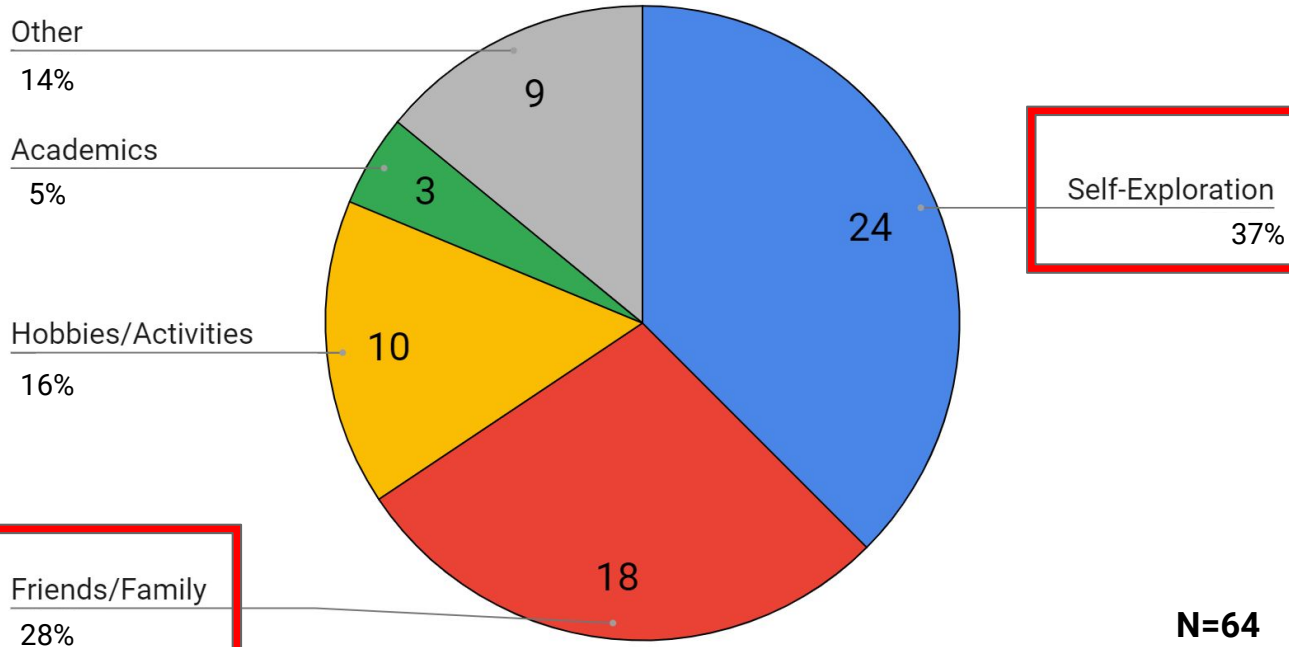
If you feel purposeless now, what do you believe is your biggest obstacle to finding purpose?

如果你現在沒有人生的目標，你覺得最大的障礙是什麼？



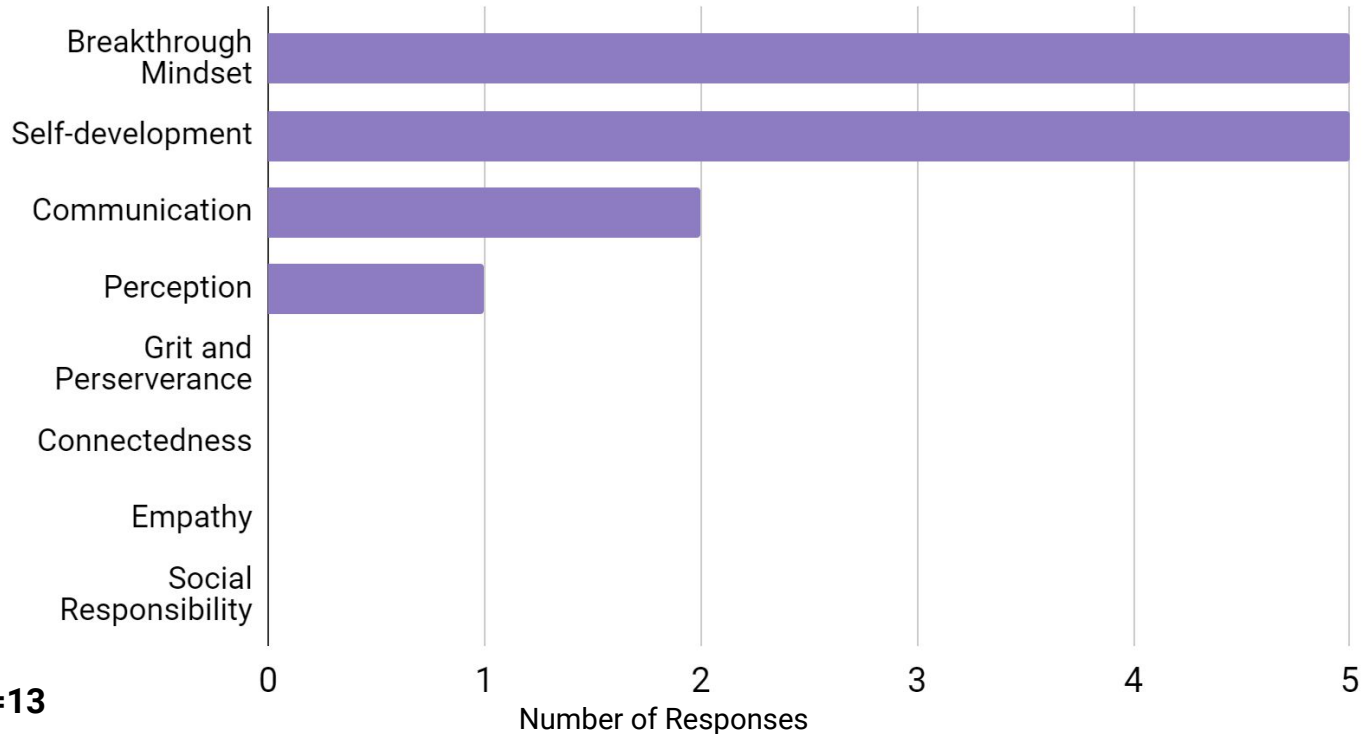
# General Survey Results

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？



# 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?



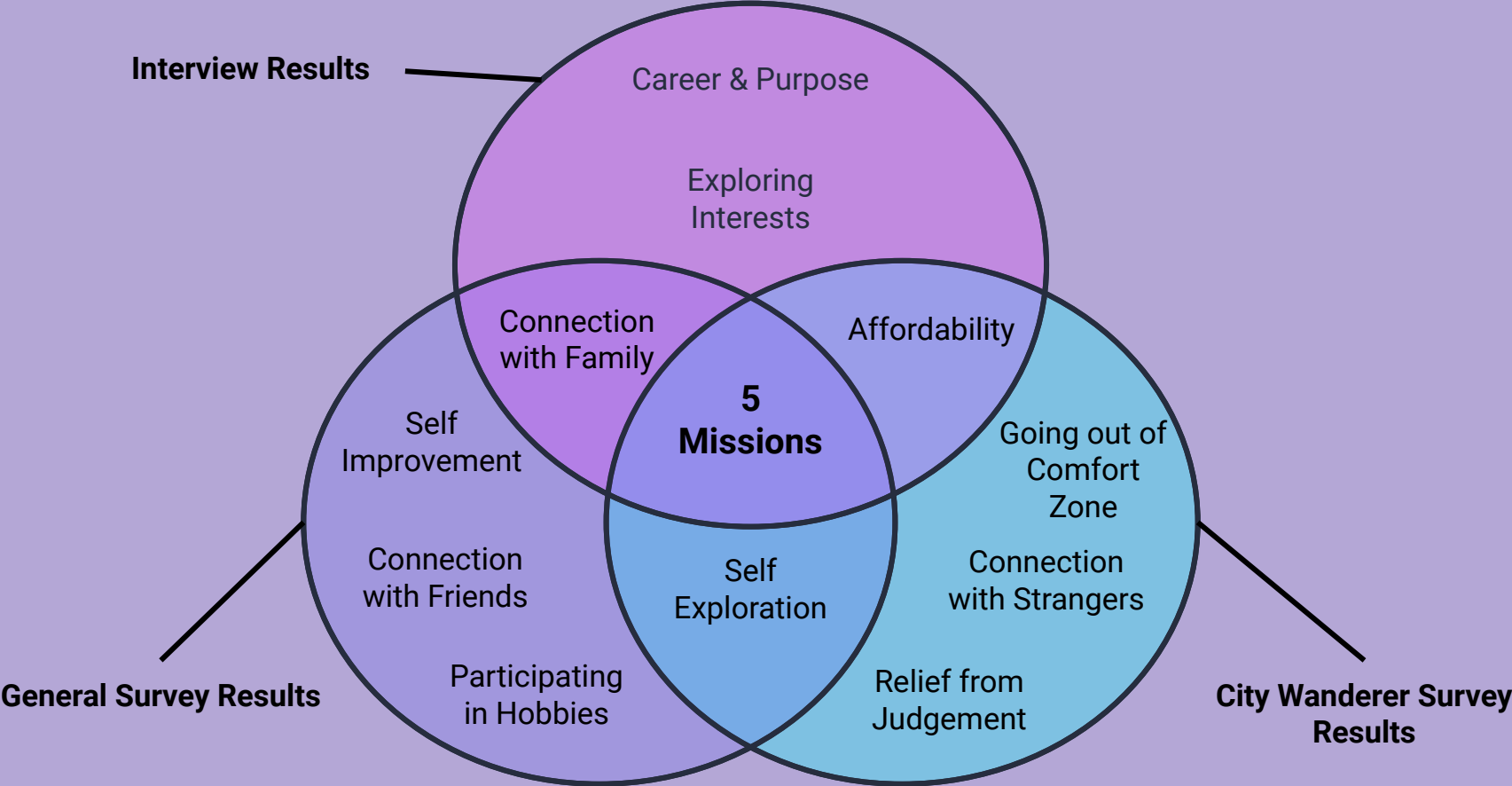


# Interviews Summarized

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

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

# Analysis



# 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:

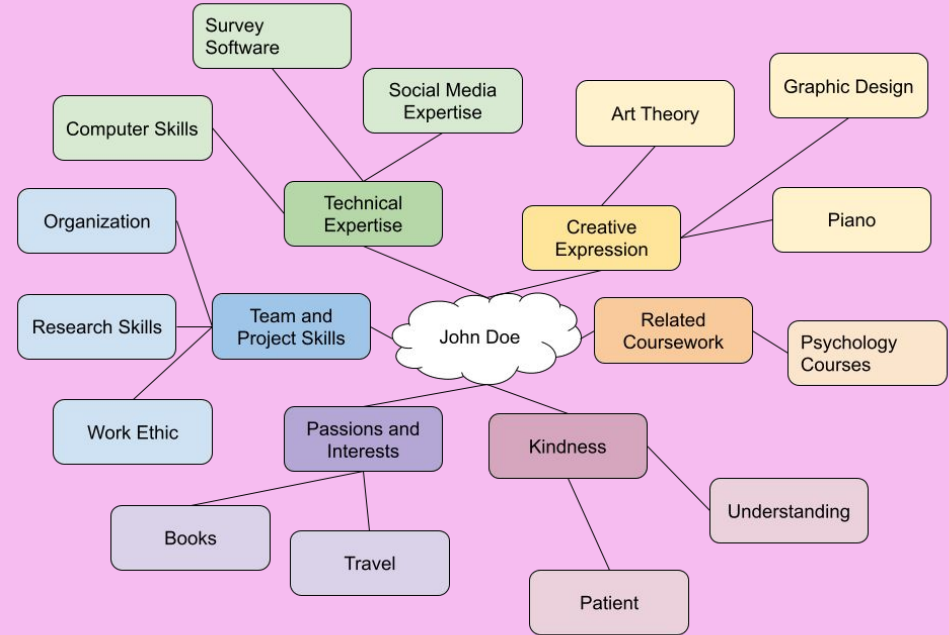
- Lack of clarity about interests and talents

## 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



[11]

# 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



[12]

# Career Shadowing (Adventure & Challenge)

## 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



[13]

# Food for Thought (Social Participation)

## 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



[14]

# Impact

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



# Image References

- [1] - <https://www.goodfon.com/city/wallpaper-taipei-zakat-tuman.html>
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# 謝謝您！

Thank you!

Questions?

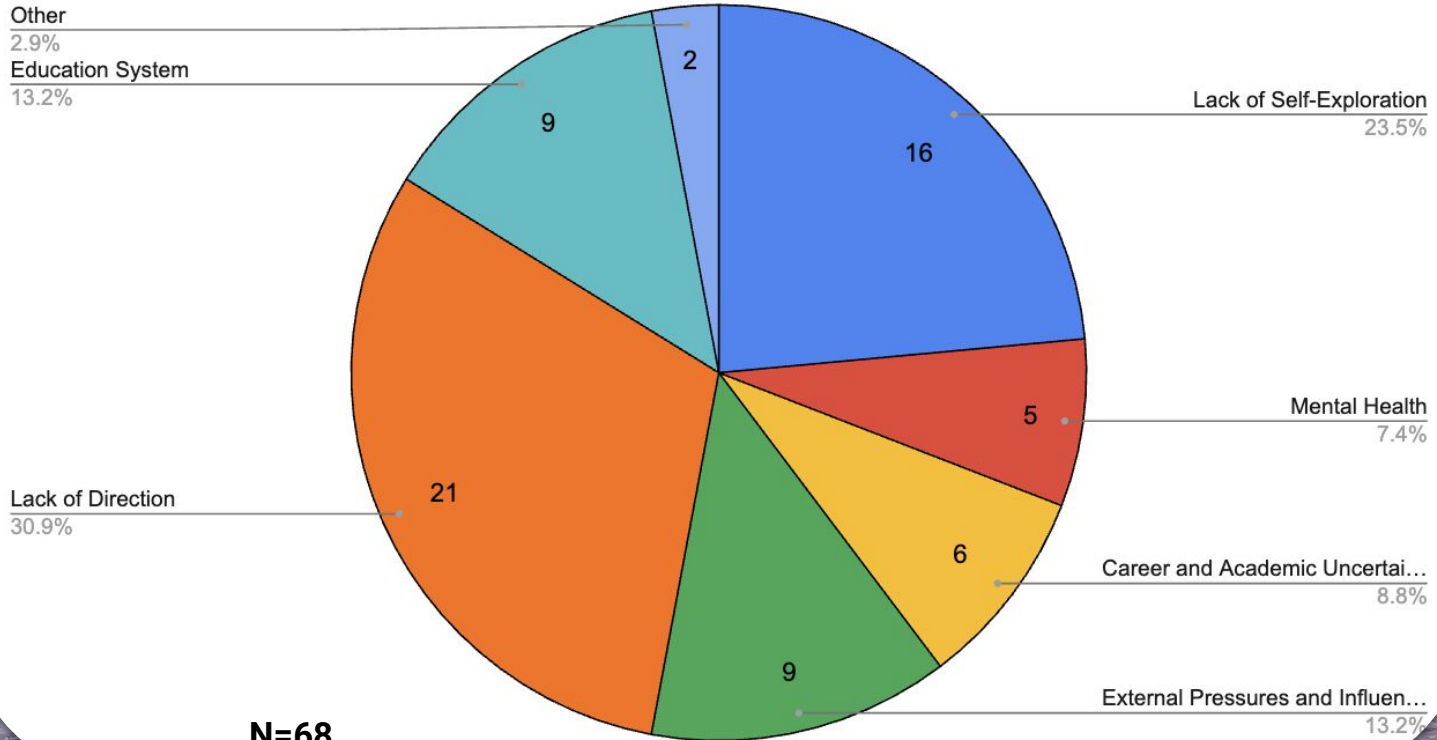




# Extras



If you have felt purposeless before, what do you think caused your purposelessness?  
如果你曾經覺得人生沒有目標，您認為是什麼因素導致這樣的感覺？



**N=68**

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.

