

# Sustainability & Self-Care

Experiential Practices for Embodying the Planet

## Course Syllabus

“When we speak of the ‘environment’, what we really mean is a relationship existing between nature and the society which lives in it. Nature cannot be regarded as something separate from ourselves or as a mere setting in which we live. We are part of nature, included in it and thus in constant interaction with it.”

-Pope Francis

Sara Ivanhoe

[sara.ivanhoe@usc.edu](mailto:sara.ivanhoe@usc.edu)

<https://yoga.usc.edu>

**Semester:**

**Units:** 2

**Instructor:** Sara Ivanhoe, M.A.

**Email:** [sara.ivanhoe@usc.edu](mailto:sara.ivanhoe@usc.edu)

**Office Hours:** By Appointment

**Section:**(Wednesday 3:00-4:50

**Room:** LVL 13

### Course Description

If we begin with the fundamental belief that we cannot be separate from our planet, our thoughts, actions, and praxes can reflect unity. Almost all cultures and traditions are examples of this, whether it is a baptism through water, adorning oneself with flowers, lighting a candle, or sharing sacred food. These simple acts of connecting to the elements are ways we experience nature within ourselves and ourselves within nature.

By balancing traditional learning pedagogy in conjunction with experiential techniques, we can collectively bridge the gap between ourselves and our planet. Throughout the course, students will be asked to complete readings, submit brief papers, give short presentations, but mostly they will be asked to immerse themselves in nature through a variety of modalities and submit reflections on these experiences. The course is designed for students who are interested in exploring multicultural self-care modalities as a means of sustaining one's own energy. This energy can then focus on connecting to our planet while protecting it and promote the discovery of alternative ways to integrate sustainability practices into an everyday routine.

### Learning Objectives

- Develop the intrinsic connection between oneself and the planet and be able to exemplify and reflect on personal experiences.
- Integrate multicultural self-care modalities as a means of sustaining one's own energy and mitigating climate anxiety.
- Assimilate principles and application of planetary elements, yoga, breathing and meditation practices, eventually leading others through a *sustainable* practice.

- Develop both listening and sharing skills by participating in an ongoing cohort.
- Construct a comprehensive personal self-care routine.

#### **Required Readings:**

- Selected articles on Blackboard

#### **Suggested Readings:**

- Selected articles on Blackboard

#### **Course Notes:**

Students will be asked to participate in physically active yoga sequences, breathing exercises, and meditation techniques but will not be graded based on their ability to execute these exercises, rather their understanding of the techniques. Proficiency will be assessed through projects and assignments.

#### **Assignments:**

Students will participate in weekly discussions, engage in self-care related practices, write reviews on guest lecturers, as well as midterm and final projects. All students will exit the course with a personalized and comprehensive self-care routine. Specific assignments TBD.

#### **Grades**

Sustainability & Self-Care is a complex topic and grades will be a combination of several components. Students will be graded on their written reflections on the experiential learning assignments, speaker reviews, group discussions, midterm and final projects.

Students are responsible for the quality of their engagement with the course material and the activities related to it. All work is to be typed and submitted to Blackboard. Format: Double-spaced, Times New Roman, 12 point font. Due dates can be found under the course outline.

#### **Grading Scale**

There are 100 total points possible. The overall grading scale is as follows

A 95 / A- 90 / B+ 87 / B 83 / B- 80 / C+ 77 / C 73 / C- 70 / D+ 67 / D 63 / D- 60 / F 59 and below

#### **Grading Criteria**

Participation and Discussion 15%

Reflections and Speaker Reviews 20%

Midterm Project 30%

Final Project 35%

#### **Zoom Guidelines**

This is an in-person class focused on live engagement. However, if you are experiencing symptoms, please stay home. Some classes will be available on Zoom, but not all. If you are participating via Zoom and have a question, unmute yourself and interrupt (I will most likely not see the chat.) Your camera must remain on for the entirety of the class session.

#### **Participation Expectations**

Students are expected to be present for all lectures in person, in real time.

#### **Assignment Submission Policy**

Assignments are to be submitted to Blackboard before the deadline. See course outline for deadlines.

### Communication

Students are encouraged to reach out by email and can expect a response within 48 hours.

**Course Schedule (SPEAKER DATES subject to change! Please see Blackboard for the latest updates.)**

Date	Topic
<b>Week 1:</b> August 24	<p><b>Lecture:</b> Eco-Anxiety assessment General introductions Introduction to the structure of the course, deliverables, and the waterfall model</p> <p><b>Practice:</b> Healthy wrists Breath Awareness Introduction to Mindfulness</p> <p><b>Discussion:</b></p> <ul style="list-style-type: none"><li>• How can we see ourselves as intrinsically linked with the planet? Why do we compartmentalize self-care and care for our environment?</li></ul> <p><b>Assignment due by August 30, 8pm.</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"><li>• <b>Practice:</b><ul style="list-style-type: none"><li>○ Your normal self-care routine</li><li>○ Wrist practices 3 times</li></ul></li><li>• <b>Read:</b> <a href="https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health">https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health</a><a href="https://green.usc.edu/get-involved/urban-garden/">https://green.usc.edu/get-involved/urban-garden/</a></li><li>• <b>Watch:</b> <a href="https://www.youtube.com/watch?v=E7mGFxO9_PY">https://www.youtube.com/watch?v=E7mGFxO9_PY</a></li><li>• <b>Scroll:</b> Instagram @uscpeacegarden</li><li>• <b>Write:</b> Write down your current self-care routine and how it affects your well being. You will be noting how the different practices affect you in different ways, ultimately leading towards you crafting a new, revised routine by the end of this course. <b>Write this reflection in the assignment box on Blackboard.</b></li><li>• <b>Guidelines:</b> For next class on Blackboard. <b>You MUST READ and sign waiver.</b></li></ul> <p><b>Suggested:</b></p> <ul style="list-style-type: none"><li>• <a href="https://orionmagazine.org/article/speaking-of-nature/">https://orionmagazine.org/article/speaking-of-nature/</a></li></ul>
<b>Week 2</b> August 31	<p><b>Lecture:</b> Visit USC's Peace Garden See guidelines for visit on Blackboard</p> <p><b>Assignment: Due by September 6, 8:00pm</b></p>

	<ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect:</b> <ul style="list-style-type: none"> <li>○ Describe your experience of USC's Peace Garden. What did you learn that surprised you? How might you improve this experience for students in the future? Submit to Blackboard.</li> </ul> </li> <li>● <b>Read</b> <ul style="list-style-type: none"> <li>○ <a href="https://smile.amazon.com/Simple-Chi-Kung-Exercises-Life-Force/dp/1594773335/ref=sr_1_2?crd=ERHLOVTPD2A&amp;keywords=lee+holden+books&amp;qid=1661123366&amp;sprefix=lee+holden+%2Caps%2C145&amp;sr=8-2&amp;asin=1594773335&amp;revisionId=&amp;format=4&amp;depth=1">https://smile.amazon.com/Simple-Chi-Kung-Exercises-Life-Force/dp/1594773335/ref=sr_1_2?crd=ERHLOVTPD2A&amp;keywords=lee+holden+books&amp;qid=1661123366&amp;sprefix=lee+holden+%2Caps%2C145&amp;sr=8-2&amp;asin=1594773335&amp;revisionId=&amp;format=4&amp;depth=1</a></li> <li>○ <a href="https://www.holdenqigong.com/whats-your-five-elements-personality-archetype/">https://www.holdenqigong.com/whats-your-five-elements-personality-archetype/</a></li> </ul> </li> <li>● <b>Watch</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.youtube.com/channel/UCywnihPARyOZxlypO8wmovA">https://www.youtube.com/channel/UCywnihPARyOZxlypO8wmovA</a></li> </ul> </li> <li>● <b>Practice</b> <ul style="list-style-type: none"> <li>○ Based on the article "What's Your Five Elements Personality," choose a minimum of 2 classes on Lee's YouTube Channel</li> <li>○ <a href="https://www.youtube.com/channel/UCywnihPARyOZxlypO8wmovA">https://www.youtube.com/channel/UCywnihPARyOZxlypO8wmovA</a></li> </ul> </li> <li>● <b>Prepare</b> <ul style="list-style-type: none"> <li>○ Clothing for the next class that you can move in comfortably</li> <li>○ One question for next week's guest speaker</li> </ul> </li> </ul>
<b>Week 3</b> September 7	<p><b>Lecture:</b>  Guest Speaker, Lee Holden</p> <ul style="list-style-type: none"> <li>● History, evolution, and significance of Qi Gong</li> </ul> <p><b>Practice:</b></p> <ul style="list-style-type: none"> <li>● Introductory nature-themed Qi Gong practice</li> </ul> <p><b>Assignment: Due by September 13, 8 pm</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> TBD</li> <li>● <b>Reflect:</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker on Blackboard.</li> </ul> </li> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.humanimpactsinstitute.org/creative-climate-awards?gclid=Cj0KCOjwr4eYBhDrARIsANPywCgHz2iUEXVgrZ599i4pr7zqIJv-xeWlokjKE8oId4Brz6HPLmVULAaAvvbEALw_wcB">https://www.humanimpactsinstitute.org/creative-climate-awards?gclid=Cj0KCOjwr4eYBhDrARIsANPywCgHz2iUEXVgrZ599i4pr7zqIJv-xeWlokjKE8oId4Brz6HPLmVULAaAvvbEALw_wcB</a></li> <li>○ <a href="https://www.globalcitizen.org/en/content/climate-crisis-activism-art-inspire-action/">https://www.globalcitizen.org/en/content/climate-crisis-activism-art-inspire-action/</a></li> <li>○ <a href="#">7 ways meditation and music can boost your health</a></li> <li>○ <a href="https://positivepsychology.com/mindful-walking/">https://positivepsychology.com/mindful-walking/</a></li> <li>○ <a href="https://www.mindtravel.com/">https://www.mindtravel.com/</a></li> <li>○ <a href="https://www.greenpeace.org.au/blog/caring-for-yourself-so-you-can-care-for-the-planet/">https://www.greenpeace.org.au/blog/caring-for-yourself-so-you-can-care-for-the-planet/</a></li> </ul> </li> </ul>

<p><b>Week 4</b> September 14</p>	<p><b>Lecture:</b> Mind Travel with Murray Hidary Immersive Mindful Walk through Campus</p> <p><b>Assignment due by September 20, 8 pm</b> <b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker on Blackboard</li> </ul> </li> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://dornsife.usc.edu/cf/faculty-and-staff/faculty.cfm?pid=1006065">https://dornsife.usc.edu/cf/faculty-and-staff/faculty.cfm?pid=1006065</a></li> <li>○ <a href="https://green.usc.edu/">https://green.usc.edu/</a></li> <li>○ <a href="https://sustainability.usc.edu/">https://sustainability.usc.edu/</a></li> <li>○ <a href="https://www.scoutfitters.org/">https://www.scoutfitters.org/</a></li> <li>○ <a href="https://www.peaksandprofessors.org/">https://www.peaksandprofessors.org/</a></li> <li>○ <a href="https://sc.edu/study/colleges_schools/artsandsciences/physics_and_astro_nomy/for_the_community/melton_observatory/">https://sc.edu/study/colleges_schools/artsandsciences/physics_and_astro_nomy/for_the_community/melton_observatory/</a></li> </ul> </li> </ul>
<p><b>Week 5</b> September 21</p>	<p><b>Lecture:</b> Dr. Jill Sohm USC Sustainability Initiatives, carbon neutral pledge, grant recipients</p> <p><b>Assignment due by September 27th, 8 pm</b> <b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker on Blackboard</li> </ul> </li> <li>● <b>Watch:</b> <ul style="list-style-type: none"> <li>○ “Groundhog Day” the movie. Yes, that is an actual assignment.</li> </ul> </li> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://tricycle.org/article/jataka-tes-birth-story-great-monkey-mahavanarajatakam/">https://tricycle.org/article/jataka-tes-birth-story-great-monkey-mahavanarajatakam/</a></li> <li>○ <a href="https://tricycle.org/article/jataka-tale-elephant/">https://tricycle.org/article/jataka-tale-elephant/</a></li> </ul> </li> </ul>
<p><b>Week 6</b> September 28</p>	<p><b>Lecture:</b> Dean Varun Soni, Office of Religious and Spiritual Life</p> <p><b>Assignment due by October 4, 8 pm</b> <b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect:</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker on Blackboard</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.reuters.com/business/environment/pope-launches-green-initiative-decrying-predatory-attitude-toward-planet-2021-05-25/">https://www.reuters.com/business/environment/pope-launches-green-initiative-decrying-predatory-attitude-toward-planet-2021-05-25/</a></li> <li>○ <a href="https://laudatosimovement.org/who-we-are/">https://laudatosimovement.org/who-we-are/</a></li> <li>○ <a href="https://laudatosimovement.org/what-we-do/">https://laudatosimovement.org/what-we-do/</a></li> <li>○ <a href="https://laudatosimovement.org/resources/">https://laudatosimovement.org/resources/</a></li> </ul> </li> </ul> <p><b>Suggested Reading:</b></p> <ul style="list-style-type: none"> <li>● <a href="https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html">https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html</a></li> </ul>
<b>Week 7</b> October 5	<p><b>Lecture:</b>  Dr. Cecilia Gonzalez-Andrieu  The Laudato Si Movement</p> <p><b>Midterm Project due by October 12th, 8 pm</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● Midterm Project. See Blackboard.</li> </ul>
<b>Week 8</b> October 12	<p><b>Midterm Projects Due</b></p> <ul style="list-style-type: none"> <li>● See Blackboard</li> </ul> <p><b>Assignment due by October 18th 8 pm</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://kallayil.com/">https://kallayil.com/</a></li> <li>○ <a href="https://sustainability.google/">https://sustainability.google/</a></li> <li>○ <a href="https://realestate.withgoogle.com/bayview/">https://realestate.withgoogle.com/bayview/</a></li> <li>○ <a href="https://www.nature.com/articles/d41586-021-02582-8">https://www.nature.com/articles/d41586-021-02582-8</a></li> </ul> </li> </ul>
<b>Week 9</b> October 19	<p><b>Lecture:</b>  Gopi Kaylallil  Chief Brand Ambassador, Google  Founder of Yogalers (Google's Yoga Program)</p> <p><b>Assignment due October 25th, 8pm</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.nationalgeographic.com/environment/article/climate-anxiety-is-widespread-among-youth-can-they-overcome-it">https://www.nationalgeographic.com/environment/article/climate-anxiety-is-widespread-among-youth-can-they-overcome-it</a></li> <li>○ Additional material posted on Blackboard</li> </ul> </li> </ul>

<b>Week 10</b> October 26	<p><b>Lecture:</b>  Dr. Christopher Chapple  Doshi Professor of Indic and Comparative Theology  Director Master of Arts in Yoga Studies</p> <p><b>Assignment due November 1st, 8 pm</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect:</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker</li> </ul> </li> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.nationalgeographic.com/environment/article/climate-anxiety-is-widespread-among-youth-can-they-overcome-it">https://www.nationalgeographic.com/environment/article/climate-anxiety-is-widespread-among-youth-can-they-overcome-it</a></li> <li>○ <a href="https://www.onegreenthing.org/">https://www.onegreenthing.org/</a></li> <li>○ <a href="https://www.onegreenthing.org/copy-of-about-us">https://www.onegreenthing.org/copy-of-about-us</a></li> <li>○ <a href="https://www.onegreenthing.org/principles">https://www.onegreenthing.org/principles</a></li> </ul> </li> <li>● <b>Take the quiz:</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.onegreenthing.org/assessment">https://www.onegreenthing.org/assessment</a></li> </ul> </li> <li>● <b>Then read about your superpower:</b> <ul style="list-style-type: none"> <li>○ <a href="https://www.onegreenthing.org/profilesoverview">https://www.onegreenthing.org/profilesoverview</a></li> </ul> </li> </ul> <p><b>Suggested Reading:</b>  <a href="https://www.onegreenthing.org/book">https://www.onegreenthing.org/book</a></p>
<b>Week 11</b> November 2	<p><b>Lecture:</b>  Heather White  “One Green Thing”  Eco-Anxiety and Finding Your Eco-Activist Archetype</p> <p><b>Assignment due by November 8th, 8 pm</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect:</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker on Blackboard</li> </ul> </li> <li>● <b>Read:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> </ul>
<b>Week 12</b> November 9	<p><b>Lecture:</b>  Dr. Rita Sherma  Founding Director of the Center for Dharma Studies  Associate Professor of Dharma Studies</p>

	<p>Core Doctoral Faculty, Graduate Theological Union</p> <p>Eco-Feminism, Climate Justice</p> <p><b>Assignment due by November 15th 8pm</b></p> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>● <b>Practice:</b> <ul style="list-style-type: none"> <li>○ TBD</li> </ul> </li> <li>● <b>Reflect</b> <ul style="list-style-type: none"> <li>○ Reflect on Guest Speaker on Blackboard</li> </ul> </li> </ul>
<p><b>Week 13</b> November 16</p>	<p><b>Lecture:</b> Review and Restore Importance of Sleep and Mindful Rest Semester Review</p> <p><b>Final Project due by November 29th, 8 pm</b></p> <ul style="list-style-type: none"> <li>● <b>See Blackboard</b></li> </ul>
<p><b>Week 14</b> November 23</p>	<p>THANKSGIVING BREAK</p>
<p><b>Week 15</b> November 30 LAST CLASS FINAL PRESENTATIONS</p>	<p><b>Final Projects Presented, Closing Reflections</b></p> <ul style="list-style-type: none"> <li>● No extensions</li> </ul>

### Statement on Academic Conduct and Support Systems

#### Academic Conduct:

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in Part B, Section 11, “Behavior Violating University Standards” [policy.usc.edu/scampus-part-b](http://policy.usc.edu/scampus-part-b). Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, [policy.usc.edu/scientific-misconduct](http://policy.usc.edu/scientific-misconduct).

#### Support Systems:

*Counseling and Mental Health - (213) 740-9355 – 24/7 on call*  
[studenthealth.usc.edu/counseling](http://studenthealth.usc.edu/counseling)

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

*National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call*  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

*Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-9355(WELL), press "0" after hours – 24/7 on call*

[studenthealth.usc.edu/sexual-assault](http://studenthealth.usc.edu/sexual-assault)

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

*Office of Equity and Diversity (OED) - (213) 740-5086 | Title IX – (213) 821-8298*

[equity.usc.edu](http://equity.usc.edu), [titleix.usc.edu](http://titleix.usc.edu)

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

*Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298*

[usc-advocate.symplicity.com/care\\_report](http://usc-advocate.symplicity.com/care_report)

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity and Diversity |Title IX for appropriate investigation, supportive measures, and response.

*The Office of Disability Services and Programs - (213) 740-0776*

[dsp.usc.edu](http://dsp.usc.edu)

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

*USC Campus Support and Intervention - (213) 821-4710*

[campussupport.usc.edu](http://campussupport.usc.edu)

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

*Diversity at USC - (213) 740-2101*

[diversity.usc.edu](http://diversity.usc.edu)

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

*USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call*

[dps.usc.edu](http://dps.usc.edu), [emergency.usc.edu](http://emergency.usc.edu)

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

*USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call*

[dps.usc.edu](http://dps.usc.edu)

Non-emergency assistance or information.