



### **COURSE SCHEDULE**

<b>Week</b>	<b>Topic</b>
1	Introduction & course overview
2	Habit and behavior change theories
3	Identity & self-care
4	Healthy eating
5	Sleep & restorative occupations
6	Exercise routines
7	Day of Action: Practicing the basics
8	Behavioral health part I
9	Behavioral health part II
10	Coping
11	Time management
12	Cognitive skill-building (learning how to learn)
13	Healthy relationships and communication
14	Day of Action: Self-love & self-compassion
15	Making plans for the future
Finals Week	Final due via Blackboard online

***Note: In order to optimize the learning experiences, the course instructor reserves the right to amend the syllabus as needed throughout the semester.***

Please reach out with any questions! Can't wait to have you in class.

Ashley

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<https://classes.usc.edu/term-20233/classes/ot/>