

Abbreviated Course Syllabus

OT 312 - Creating a Sustainable Life Syllabus Spring 2024

Time: Mondays, 3:30-5:20pm
Location: WPH 102 and the USC Peace Garden

Instructor: Camille Dieterle, OTD, OTR/L

Office Hours: Tuesdays 12-1:00pm over zoom
Email: dieterle@chan.usc.edu

Contact me with any questions! I love chatting with students 😊

COURSE DESCRIPTION

Students will explore nature-based wellness interventions including gardening and will learn practical information about how to incorporate environmentally sustainable practices into their everyday lives. This course explores this intersection between occupation, relationship to nature and environmentally sustainable behavior. Approximately half of the weekly class sessions will be located at the USC Peace Garden, located at 3017 Shrine Place, which is 2 short blocks north of campus.

COURSE HIGHLIGHTS!

- Hands-on gardening and nature-based wellness activities at the USC Peace Garden
- Learn and try out new sustainable practices in everyday life

REQUIRED READING

- 1) Selhub, E. and Logan, A. (2012). Your brain on nature: The science of nature's influence on your health, happiness and vitality. Harper Collins: Toronto, Ontario
- 2) Required films: A Plastic Ocean (2016), Toxic Beauty (2019), Kiss the Ground (2020)
- 3) All remaining articles/readings are posted on Blackboard.

ASSIGNMENTS & GRADE BREAKDOWN

Assignment	Due Date	Percentage of Grade
In Class Activities/Participation	Ongoing	15%
Quiz 1	Feb 12	15%
Quiz 2	Mar 25	15%
Self-Analysis Journal (7 total entries)	See calendar on p. 6-7 and on Blackboard	21%
Small Group Presentation	Apr 22	14%
Experiential Sustainability Project	Plan due Mar 18(3%) Informal Show & Tell Oct 25 (5%) Final project Due May 3, end of day (12%)	20%

COURSE SCHEDULE

Class	Topic
Week 1 Jan 8	Introduction to Environmental Sustainability and Occupation, Tour of USC Peace Garden
Week 2 Jan 15	MLK Holiday
Week 3 Jan 22	The Cognitive, Physiological and Psychological Benefits of Exposure to Nature Intro to Environmental Justice, Sustainability as Social Responsibility
Week 4 Jan 29	Waste and “Stuff”
Week 5 Feb 5	Sustainable Food and Food Justice
Week 6 Feb 12	Sustainable Food, Cont.
Week 7 Feb 19	President’s Day Holiday
Week 8 Feb 26	Urbanization, Transportation and the Built Environment
Week 9 Mar 4	Chemicals in Daily Life
Week 10 Mar 11	Spring Break
Week 11 Mar 18	Water, Air and Energy
Week 12 Mar 25	Presentation Work Day
Week 13 Apr 1	Gardening and Nature-based interventions at USC Peace Garden
Week 14 Apr 8	Gardening and Nature-based interventions at USC Peace Garden
Week 15 Apr 15	Gardening and Nature-based interventions at USC Peace Garden
Week 16 Apr 22	Presentations

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.

Camille Dieterle, OTD, OTR/L

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Check out our other Occupational Science courses here!

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