

USC Mrs. T.H. Chan
Division of Occupational Science
and Occupational Therapy

Abbreviated Course Syllabus

**OT 280: Essential Occupations of Emerging Adulthood
Fall 2023 – Section 47905**

Time: Wednesday 12:00-1:50 PM
Location: THH 219

Instructor: Dr. Kim Morris-Eggleston, OTR/L
Pronouns: she/her/hers

Office: THH B4
Office Hours: Mondays 12:00-1:00 (In Person)
Wednesdays & Thursday by appointment (Zoom or In-person)

Email: morrisk@chan.usc.edu

COURSE DESCRIPTION:

In recent decades, the lives of people in their late teens and early twenties have changed so dramatically that a new stage of life has been recognized – “Emerging Adulthood”. This class will examine the significant challenges of this stage of life and learn the life skills needed to make adulthood less stressful.

COURSE HIGHLIGHTS:

- This 2-unit class helps you set and reach your future goals!
- Learn effective stress management, time management, positive financial behaviors, and healthy living strategies!
- Learn specific life skills to meet future challenges!
- Learn how occupational therapy uniquely supports people during this life stage.

GRADE BREAKDOWN:

Activity	% of Grade
Class participation in discussions and workshops	6%
Future Plan Paper	10%
Journal & Personal Financial Budget	16%
Student Life Skill Presentation	9%
Experiential Activity Reflections	9%
Test 1	25%
Test 2	25%

COURSE SCHEDULE:

Week	Topic
1	Introduction & Course Overview
2	What is Emerging Adulthood?
3	Young Adulthood and Disability
4	Job Satisfaction
5	Self Care for your Body
6	Self Care for your Mind
7	Relationships and Communication
8	Interacting with the Police
9	Test 1
10	Financial Planning 1 - FICO scores & budgets
11	Financial Planning 2 - Investing / Wills and Trusts
12	Financial Planning 3 - Fringe Benefits
13	Buying a Home
14	Paying Taxes
15	Student Life Skill Presentations
16	Test 2

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

“I’m glad that I learned about parallelograms instead of how to do taxes.
It’s really come in handy this parallelogram season”
~ Sage Boggs

Please feel free to reach out with any questions. I look forward to having you in class and helping you prepare for your future! 😊

Kim
morrisk@chan.usc.edu

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