

## **Abbreviated Course Syllabus**

### **OT 220 – LIFESTYLE DESIGN: SELF-ANALYSIS OF ACTIVITIES FOR HEALTH Fall 2024 – Section 47700**

**Class Day:** Monday  
**Class Time:** 12:00pm-1:50pm  
**Location:** THH 208

**Instructor:** Dr. Gabe Cravens, OTR/L  
**Email:** [Gabriel.cravens@chan.usc.edu](mailto:Gabriel.cravens@chan.usc.edu)  
**Office:** THH B4

#### **COURSE DESCRIPTION**

This course will focus on the concept of occupation -- the personal experiences of the individual student, and the therapeutic use within occupational therapy. Occupations are activities that occupy one's time that are culturally and personally meaningful (for example, playing basketball, eating, studying, and dancing). In this class, we will look at how we occupy our time and how our everyday occupations influence our health and well-being. To do this we will examine why we do what we do, a process called occupational self-analysis. Then we will consider the concept of lifestyle redesign and how it is relevant in our own lives.

#### **COURSE HIGHLIGHTS!**

- Lots of engaging activities!
- Ability to reflect on your life as a college student in a unique way!

#### **REQUIRED READING**

*All articles/readings are available through the USC library and are posted on Blackboard*

#### **ASSIGNMENTS & GRADE BREAKDOWN**

<b>Assignment</b>	<b>% of grade</b>
<b>Occupational Time Log Reflection Assignment</b> <i>Analyze your time management and how to optimize your day!</i>	20%
<b>Quiz #1</b> <i>Short 15 question quiz</i>	15%
<b>Wellness Check-in Assignment (1-3)</b> <i>Peer-to-peer discussions about your personal wellness goals!</i>	15%
<b>Occupational Analysis Reflection Paper</b> <i>Reflect on the meaningful activities that you do and how they shape you!</i>	15%
<b>Occupational Journal and Summary (Final)</b> <i>In-class journal reflections on weekly topics + short summary of semester reflection</i>	25%
<b>In-class participation</b>	10%
<b>TOTAL</b>	<b>100%</b>

### **COURSE SCHEDULE**

<b>Week</b>	<b>Day</b>	<b>Topic</b>
1	Mon, 8/26	Course introduction and Overview
2	Mon, 9/2	Labor Day – Holiday – No Class
3	Mon, 9/09	Occupation and Health
4	Mon, 9/16	Occupation and Meaning & History of OT
5	Mon, 9/23	Occupation and Time
6	Mon, 9/30	How Occupations Change Over One's Life Span
7	Mon, 10/07	How to think like an OT
8	Mon, 10/14	Occupation and Environment
9	Mon, 10/21	Occupation and Stress
10	Mon, 10/28	Occupation and Sensory Integration
11	Mon, 11/04	Occupation and Adaptation
12	Mon, 11/11	Veterans Day – Holiday – No Class
13	Mon, 11/18	Occupation and Disability
14	Mon, 11/25	Occupation and Culture
15	Mon, 12/02	How to think like an OT
16	Mon, 12/09	Study Days
Finals week	Fri, 12/13	Final

***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!

Dr. Gabe Cravens, OTR/L

[Gabriel.cravens@chan.usc.edu](mailto:Gabriel.cravens@chan.usc.edu)

Check out our other Occupational Science courses here!

<https://classes.usc.edu/term-20243/classes/ot/>