

Abbreviated Course Syllabus

OT 220 – LIFESTYLE DESIGN: SELF-ANALYSIS OF ACTIVITIES FOR HEALTH Fall 2024 – Section 47701

Class Day: Wednesday
Class Time: 4:00pm-5:50pm
Location: VPD 105

Instructor: Dr. Gabe Cravens, OTR/L
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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

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

COURSE SCHEDULE

Week	Day	Topic
1	Wed, 8/28	Course introduction and Overview
2	Wed, 9/04	Understanding the complexities of occupations (meaningful activities)
3	Wed, 9/11	Occupation and Health
4	Wed, 9/18	Occupation and Meaning & History through the Lens of an OT
5	Wed, 9/25	Occupation and Time
6	Wed, 10/02	How Occupations Change Over One's Lifespan
7	Wed, 10/09	How to think like an OT
8	Wed, 10/16	Occupation and Environment
9	Wed, 10/23	Occupation and Stress
10	Wed, 10/30	Occupation and Sensory Integration
11	Wed, 11/06	Occupation and Adaptation
12	Wed, 11/13	Occupation and Disability
13	Wed, 11/20	Occupation and Culture
14	Wed, 11/27	No Class – Holiday
15	Wed, 12/04	Occupation and Health
Finals week	Wed, 12/11	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

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Check out our other Occupational Science courses here!

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