

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

*Abbreviated Course Syllabus*

**OT 280: Essential Occupations of Emerging Adulthood  
Fall 2024 – Section 47905**

**Time:** Thursday 12:00-1:50 PM

**Location:** KAP 163

**Instructor:** Gabe Cravens, OTD, OTR/L

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

**Office:** THH B4

**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:**

<b>Activity</b>	<b>% of Grade</b>
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 your prepare for your future! 😊

Gabe

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

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