

COURSE SCHEDULE

Week	Topic
1	Introduction & course overview
2	Habit and behavior change theories
3	Identity & self-care
4	Healthy eating
5	Sleep & restorative occupations
6	Exercise routines
7	Day of Action: Practicing the basics
8	Behavioral health part I
9	Behavioral health part II
10	Coping
11	Time management
12	Cognitive skill-building (learning how to learn)
13	Healthy relationships and communication
14	Day of Action: Self-love & self-compassion
15	Making plans for the future
Finals Week	Final due via Brightspace submission online (no in-person requirements)

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.

Ashley

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Check out our other Occupational Science courses here!
<https://classes.usc.edu/term-20243/classes/ot/>