

**Abbreviated Course Syllabus**

**OT-101 Caring for Your Self: Engaging in Healthy Habits and Routines  
Fall 2024 (Section 47906)**

**Class Day:** Thursdays  
**Class Time:** 3:30pm-5:20pm  
**Location:** MRF 229

**Instructor:** Arameh Anvarizadeh, OTD, OTR/L, FAOTA  
**Email:** [arameh.anvarizadeh@chan.usc.edu](mailto:arameh.anvarizadeh@chan.usc.edu)  
**Office:** THH B4

Contact me with any questions! I love chatting with students 😊

**COURSE DESCRIPTION**

This course focuses on habit change theory, benefits and risks of certain health behaviors that are building blocks of self-care in occupational science and occupational therapy, and strategies for changing desired occupations. Students learn through application of the concepts to themselves, via personal exploration (occupational self-analysis) and occupational self-engagement. Students will learn from each other through a flipped classroom model, and will engage in activities and exercises to facilitate self-reflection and self-initiated learning.

**COURSE HIGHLIGHTS!**

- You get to learn about self-care behaviors by practicing on yourself!
- You get a “Dyad” partner, who you get to know really well throughout the semester!
- Taken for Credit or No Credit, so does not impact your GPA

**GRADE BREAKDOWN**

Grade Breakdown	% of grade
<b>Peer-Led Learning Experiences</b> Groups of students take turns learning the assigned materials and teaching it to the class.	30%
<b>Dyads</b> Weekly check-ins with another student (or two) in which you engage in the self-care activity of the week and reflect on how it applies to your own life.	25%
<b>Reflective Journals</b> Two journals (in lieu of Dyad meetings for the week) that allow for deeper reflection around the weekly topic.	15%
<b>Individual Final Project</b> A reflection on the student’s self-care journey throughout the semester, as well as additional research on one self-care topic of choice.	15%
<b>Participation</b> Completion of, and engagement in, in-class activities.	15%
<b>TOTAL</b>	<b>100%</b>

### **COURSE SCHEDULE**

<b>Week</b>	<b>Topic</b>
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.

Dr. Anvarizadeh

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