

Abbreviated Course Syllabus
OT-312 Living a Sustainable Life
Spring 2025 (Section 47726R)

Class Day: Mondays
Class Time: 3:30pm-5:20pm
Location: GFS 118

Instructor: Camille Dieterle, OTD, OTR/L
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COURSE DESCRIPTION

This course explores this intersection between occupation (how we spend our time, not just paid work), relationship to nature and environmentally sustainable behavior. Students will learn practical information about how to incorporate environmentally sustainable practices into their everyday lives, and will explore nature-based wellness interventions including gardening. Occupational science/occupational therapy are disciplines that study how the way people spend their time (occupation) affects personal health and well-being. Most of the weekly class sessions will be located at the USC Peace Garden, located at 3015 Shrine Place, which is 2 short blocks north of campus.

COURSE HIGHLIGHTS!

- You will be able to explore various nature-based activities.
- You get to experience hands-on gardening activities at the USC Peace Garden.
- You get to experience this class in an outdoor environment! :)

GRADE BREAKDOWN

Grade Breakdown	% of grade
In Class Activities/Participation Class attendance and gardening activities	15%
USC Student Sustainability Training Online training on sustainability practices	4%
Quiz 1 Quiz taken via Brightspace, based on lecture content	15%
Quiz 2 Quiz taken via Brightspace, based on lecture content	15%
Self-Analysis Journals (7) Self- reflection journals, includes answering weekly prompts	21%
Service Learning Assignment Community service learning assignment with written reflection	10%
Experiential Sustainability Project Final summative assignment on selected sustainability project	20%
TOTAL	100%

COURSE SCHEDULE

Week	Topic
1	Introduction to Environmental Sustainability and Occupation
2	The Cognitive, Physiological and Psychological Benefits of Exposure to Nature
3	Ecopsychology and relationship with nature
4	Sustainable Food and Food Justice
5	Sustainable Food and Food Justice, Cont.
6	Waste and “Stuff”
7	Intro to Environmental Justice, Sustainability as Social Responsibility
8	Urbanization, Transportation and the Built Environment
9	Chemicals in Daily Life
10	Spring Recess! No class 😊
11	Air, Energy and Climate Change
12	Water
13	Native Plants and Biodiversity
14	Experiential Sustainability Project Informal Show and Tell
15	What does it mean to you to be sustainable?
16	Future plans for sustainability
Finals Week	Experiential Sustainability Project 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.

Camille Dieterle, OTD, OTR/L

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Check out our other Spring 2025 Occupational Science courses here!

<https://classes.usc.edu/term-20251/classes/ot/>