

Abbreviated Course Syllabus

**OT-100 THRIVE: Foundations of Well-Being
Spring 2025 (Lecture Section 48019)**

Lectures		Discussion Sections
Class Day	Tuesdays	Check the Schedule of Classes for the day, time, and location of your discussion section
Class Time	5:00pm-5:50pm	
Location	SOS B2	
Course Info Can be taken for 1 or 2 units (you choose!) Grade is "Credit" or "No Credit" (no impact on GPA)		

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COURSE HIGHLIGHTS!

- No homework! All activities are completed in-class! (for 1-unit version)
- Lectures are time to think about what concepts of wellbeing mean to you
- Discussions are where you get to apply these concepts to your own life, and connect with other students
- You choose if you want to take course for 1 or 2 units
- Taken for Credit or No Credit, so does not impact your GPA
- Special Identity-focused discussion sections:
 - Black Identity and Well-being discussion (section 48026)
 - Latinx Identity and Well-being discussion (section 48036)
 - Asian and/or Pacific Islander and Well-being discussion (section 48037)

COURSE DESCRIPTION

Students learn about various themes of well-being, and how to promote well-being for themselves and their communities. OT-100 THRIVE was created *for* students, *by* students, and serves to help them live life to its fullest through personal reflection and insight, shared connection with others, engagement with campus resources, exploration of diversity and inclusive practices, and translation of well-being knowledge into their daily lives.

1 vs. 2-unit options: Students enrolled in the 1-unit option are expected to participate in the weekly lecture and discussions sessions; no outside-of-class homework is required. Students enrolled in the 2-unit option, in addition to the weekly lectures and discussions, will engage in a semester-long project of their choosing that applies the concepts presented in OT-100 THRIVE outside of the classroom. Students will meet periodically with their faculty member throughout the semester, and submit their project at the end of the semester.

GRADE BREAKDOWN

Grade Breakdown	% of grade
Lecture engagement and reflection Including completion of in-class activities.	25%
Discussion section engagement Including completion of in-class activities.	70%
VISION Capstone Completed in-class during the last discussion section meeting.	5%
TOTAL	100%

COURSE SCHEDULE

Week 1 Welcome	Week 2 Wellbeing	Week 3 Connection	Week 4 Inclusion	Week 5 Time
Week 6 Success	Week 7 "Mystery Box"	Week 8 Mind	Week 9 Body	Week 10 Spring Recess!
Week 11 Spirit	Week 12 Ikigai	Week 13 Identity	Week 14 Thrive	Week 15 Celebration!

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! We can't wait to have you in class.

Ashley, Diego, & Arameh

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