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

## **Abbreviated Course Syllabus**

# OT-101 Caring for Your Self: Engaging in Healthy Habits and Routines Spring 2025 (Section 48022)

Class Day: Wednesdays Instructor: Arameh Anvarizadeh, OTD, OTR/L, FAOTA Class Time: 10:00am-11:50am Email: arameh.anvarizadeh@chan.usc.edu

**Location:** GFS 107 **Office:** THH B4

Contact me with any questions! I love chatting with folks

#### **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
Peer-Led Learning Experiences	30%
Groups of students take turns learning the assigned materials and teaching it	
to the class.	
Dyads	25%
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.	
Reflective Journals	15%
Two journals (in lieu of Dyad meetings for the week) that allow for deeper	
reflection around the weekly topic.	
Individual Final Project	15%
A reflection on the student's self-care journey throughout the semester, as	
well as additional research on one self-care topic of choice.	
Participation	15%
Completion of, and engagement in, in-class activities.	
TOTAL	100%

## **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	Spring Recess! No class ©
11	Coping
12	Time management
13	Cognitive skill-building (learning how to learn)
14	Healthy relationships and communication
15	Day of Action: Self-love & self-compassion
16	Making plans for the future
Finals	Final due via Brightspace submission online
Week	(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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Check out our other Spring 2025 Occupational Science courses here! https://classes.usc.edu/term-20251/classes/ot/