

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 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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Check out our other Spring 2025 Occupational Science courses here!

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