

Abbreviated Course Syllabus

OT 220 – LIFESTYLE DESIGN: SELF-ANALYSIS OF ACTIVITIES FOR HEALTH
Fall 2025 – Section 47701

Class Day: Wednesday
Class Time: 4:00pm-5:50pm

Instructor: Dr. Gabe Cravens, OTR/L
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Office: THH B4

COURSE DESCRIPTION

This course will focus on the concept of occupation -- the personal experiences of the individual student, and the therapeutic use within occupational therapy. Occupations are activities that occupy one's time that are culturally and personally meaningful (for example, playing basketball, eating, studying, and dancing). In this class, we will look at how we occupy our time and how our everyday occupations influence our health and well-being. To do this we will examine why we do what we do, a process called occupational self-analysis. Then we will consider the concept of lifestyle redesign and how it is relevant in our own lives.

COURSE HIGHLIGHTS!

- Lots of engaging activities!
- Ability to reflect and analyze your life as a college student in a unique way!

REQUIRED READING

All articles/readings are available through the USC library and are posted on Blackboard

ASSIGNMENTS & GRADE BREAKDOWN

Assignment	% of grade
Occupational Time Log Reflection Assignment <i>Analyze your time management and how to optimize your day!</i>	15%
Quiz <i>Short 10-question quiz</i>	10%
Wellness Interviews (1-3) <i>Interviews with your loved ones about their wellness!</i>	30%
Occupational Journal and Summary <i>Short in-class journal reflections on weekly topics</i>	10%
Occupational Analysis Reflection Paper (Final) <i>Analysis of the meaningful activities that you do and how they shape you!</i>	20%
In-class participation	15%
TOTAL	100%

COURSE SCHEDULE

Week	Topic
1	Course Introduction and Overview
2	Occupation
3	Occupation and Meaning
4	Occupation and Time
5	Occupation and Culture
6	How Occupations Change Over One's Life Span
7	Quiz
8	Occupation and Environment
9	Occupation and Stress
10	Occupation and Sensory Integration
11	Occupation and Adaptation
12	Occupation and Health
13	Occupation and Meaning
14	Restorative Occupations
15	Occupation and Disability
16	How to think like an OT
Finals	Final reflection due via Brightspace submission

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. Gabe Cravens, OTR/L

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Check out our other Occupational Science courses here!

<https://classes.usc.edu/term-20253/classes/ot/>