

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

Abbreviated Course Syllabus

OT 280: Essential Occupations of Emerging Adulthood

Time: Thursdays 12:00-1:50 PM
Instructor: Dr. Gabel Cravens, OTR/L
Pronouns: he/him/his
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COURSE DESCRIPTION:

In recent decades, the lives of people in their late teens and early twenties have changed so dramatically that a new stage of life has been recognized – “Emerging Adulthood”. This class will examine the significant challenges of this stage of life and learn the life skills needed to make adulthood less stressful.

COURSE HIGHLIGHTS:

- This 2-unit class helps you set and reach your future goals!
- Learn effective stress management, time management, positive financial behaviors, and healthy living strategies!
- Learn specific life skills to meet future challenges!
- Guest speakers from experts in self-defense, occupational therapy, finance, real estate, and more!

GRADE BREAKDOWN:

Assignment	% of Grade
Personal Financial Budget	15%
Student Life Skill Presentation	25%
Quiz	15%
Experiential Learning Activity	10%
Future Plan Reflection Paper (Final)	20%
Class participation in discussions and workshops	15%
Total	100%

COURSE SCHEDULE:

Week	Topic
1	Introduction & Course Overview
2	What is Emerging Adulthood?
3	Young Adult Development - Setting Goals
4	Getting the Job - Career Development
5	Self Care for your Body - Self-Defense Workshop
6	Self Care for your Mind - Time & Stress Management Workshop
7	Sex, Power Dynamics & Relationships
8	Car Maintenance Workshop
9	Quiz #1
10	Financial Planning 1 - FICO scores & budget management
11	Financial Planning 2 - Investing / Wills and Trusts
12	Financial Planning 3 - Fringe Benefits
13	Buying a Home
14	Holiday - No Class
15	Paying Taxes
16	Student Life Skill Presentations
Finals Week	Submit Future Plan Paper

**Note: In order to optimize learning, the course instructor reserves the right to amend the syllabus as needed throughout the semester.*

"I'm glad that I learned about parallelograms instead of how to do taxes.
It's really come in handy this parallelogram season"
~ Sage Boggs

Please reach out with any questions, I would love to chat! Can't wait to have you in class!

Gabe Cravens, OTD, OTR/L
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Check out our other Occupational Science courses here!

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