

Abbreviated Course Syllabus

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

Class Day: Thursday
Class Time: 3:30pm-5:20pm
Location: VHE 210

Instructor: Arameh Anvarizadeh, OTD, OTR/L, FAOTA
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Contact me with any questions! 😊

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

COURSE SCHEDULE

Week	Date	Topic
1	8/28	Introduction & course overview
2	9/4	Habit and behavior change theories
3	9/11	Identity & self-care
4	9/18	Healthy eating
5	9/25	Sleep & restorative occupations
6	10/2	Exercise routines
7	10/9	No class; Fall Recess
8	10/16	Behavioral health part I & Day of Action: Practicing the basics
9	10/23	Behavioral health part II
10	10/30	Coping
11	11/6	Time management
12	11/13	Cognitive skill-building (learning how to learn)
13	11/20	Day of Action: Self-love & self-compassion
14	11/27	No class; Thanksgiving Day
15	12/4	Healthy relationships and communication
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. Arameh Anvarizadeh

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Check out our other Fall 2025 Occupational Science courses here!

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