

## HHS125: Design Your Life I – What Could I Do with My Life (1 credit) Fall Semester, 2020

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### INTRODUCTION

This content-based, structured group coaching course is the first of two first-year courses specially designed for students interested in optimizing their lives to become the best version of themselves and create a meaningful life. Throughout the semester, you will be engaged in reflective activities so that will help you answer the questions, “Who am I?”, “What am I here to do?”, and “Where do I want to go?” This course follows these 3 Simple Rules for Success:

- Know Yourself.
- Serve Profoundly.
- Find Your Right Pond.

By the end of the course, you will:

- Define your story and understand how it has shaped your life.
- Define your personality type, values, strengths, motivations, and superpowers to see how they guide your actions and decisions now and in the future.
- Define your meaningful work and the problem you will solve to serve something bigger than yourself and make the world a better place.
- Create a career plan to develop your professional life during college and beyond.
- Engage in the self-care practice of meditation to slow down and aware of everything going on around you.

Since this class is about you and focused on you, use it as an opportunity to identify who you want to be and where you want to go in order to become the best version of yourself!

### ATTENDANCE/PARTICIPATION POLICY

Class is set up so that you will engage in activities in every class, with opportunities to reflect and share. Regardless of whether you are doing this class online or in-person, you need to show up. If you show up for class and participate, you will 4 points. If you do not attend class – which means that you did not participate in the week’s activities - you will receive 0 points. It should not be difficult to get an “A” in this class; however, if you don’t show up and/or do the work, you will NOT receive an A. **THERE ARE NO EXCEPTION TO THIS RULE.**

### EVALUATION AND GRADING

The course is graded A, B, C, D, or F – this course does not use the +/- system. Your final grade will be calculated using the following criteria:

• Attendance/class participation/in-class work (13 classes @ 4 points each)	52 points
• Out-of-Class Life Work (9 Assignments @ 3 points each)	27 points
• Project #1: My Life Story Poster	07 points
• Project #2: Superhero Poster	07 points
• Project #3: Life’s Work Mind Map	<u>07 points</u>
<b>Total Points</b>	<b>100 points</b>

Your final letter grade will be based on your total points, as listed on the scale below:

A: 90 to 100

B: 80 to 89.9

C: 70 to 79.9

D: 60 to 69.9

F: below 60

There is no book, no extra materials, and no final exam!

## **MEDITATION**

At the beginning of each class, we will have 5 minutes of meditation – to settle down, connect with yourself, or just relax. Please, turn your cell phone off or to silent during meditation as a sign of respect to me and your classmates. If you are running late, please wait until quiet time is over before you enter the classroom. You are not required to sit for the meditation, but it is strongly encouraged because of the many benefits it provides.

## **LIFE WORK**

The Life Work activities will be done outside of class. All Life Work activities are geared towards learning more about yourself, increasing your level of self-awareness. Most activities should take between 15-30 minutes, depending on your amount of effort. You will post your results of each activity on the Class Discussion Board in Canvas. Life Work activities will be assigned each week and **MUST** be completed before the start of class the following week. If not completed, you will receive a one-point per day penalty until you reach 0 points. Note: Even if you do not complete the activity, you will still need to complete the work because your results will be used for your poster/mind map projects. All the Life Work activities have been found to enhance knowledge about yourself.

## **POSTER AND MIND MAP PROJECTS.**

You will be required to complete three Projects for this class: (1) My Life Story Poster, (2) Superhero Poster, and (3) Life's Work Mind Map. Each of the three Projects build on the activities covered both in and outside of class, so it is important to stay on top of the work. For all Projects, you will have the option of creating them by hand using poster paper and markers or using some type of electronic means (PowerPoint, Canva, etc.). All Projects are worth 7 points.

### **PROJECT #1: MY LIFE STORY POSTER**

The My Life Story Poster is a poster that specifically addresses the story of your life, up to this point.

### **PROJECT #2: SUPERHERO POSTER**

The Superhero Poster is a poster that will outline your characteristics – your personality type, values, strengths, motivations, and superpowers – and be used as the foundation to define how you will serve the world.

### **PROJECT #3: LIFE'S WORK MIND MAP**

The Life's Work Min Map is a poster that outlines your educational, experiential, employable, and entrepreneurial endeavors, while in college and after college.

## **WEEKLY TOPICS (TENTATIVE; SUBJECT TO CHANGE)**

- Week 1 Topic: Story. LW: I Am Story
- Week 2 Topic: Story. LW: Life Moments Worksheet
- Week 3 Topic: Story. LW: My Life Story Poster
- Week 4 Topic: Know Yourself. LW: Personality Type
- Week 5 Topic: Know Yourself. LW: Values
- Week 6 Topic: Know Yourself. LW: Strengths
- Week 7 Topic: Know Yourself. LW: Personal Motivators and Superpowers
- Week 8 Topic: Know Yourself. LW: Superhero Poster
- Week 9 Topic: Serve Profoundly. LW: Meaningful Work Statement
- Week 10 Topic: Serve Profoundly. LW: Problem to Solve One-Liner
- Week 11 Topic: Serve Profoundly. LW: Dream Team/Dream Community
- Week 12 Topic: Find Your Right Pond. LW: Life's Work Mind Map
- Week 13 Topic: Final Thoughts/Evaluation