

HHS135: Design Your Life II – Redesign a Life You’ll Love (1 credit) Spring Semester, 2020

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INTRODUCTION

This content-based, structured group coaching course is the second of two first-year courses specially designed for students interested in learning more about themselves to create a meaningful life. You will be engaged in a series of reflective activities over the course of the semester to help you “Build a Better You.” Each week you will complete activities that have been found to increase success and become the best version of yourself.

By the end of the course, you will:

- Identify daily practices that have been found to enhance one’s life.
- Identify your Super Powers to see yourself as a Super Hero.
- Transform your life from your current state to your ideal state.
- Identify the obstacles and limiting beliefs that hold you back and learn strategies to overcome them.
- Create a Personal Manifesto – your “Rules for Living” – that define how you want to live each and every day.
- Create your Dream Team (also known as a Personal Board of Advisors) and Dream Community.
- Describe your legacy – what you want people to say about you when you’re gone.
- Describe your Best Self in 5-10 years into the future.
- Connect with your classmates through personal reflection activities and poster presentations.

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

ATTENDANCE/PARTICIPATION POLICY

Class is set up so that you will engage in activities in every class; you will also have time to reflect and share with the class and/or with classmates. If you show up for class, complete the work, and participate in the discussions, you will receive 6 points. If you do not attend class – which means that you did not participate in the week’s activities - you will receive 0 points. We have built into the grading that allows you to miss a class and still receive an “A,” as long as you complete all of the work required for this class. Things come up over the course of the semester, so make sure to choose your absence(s) wisely. **There are NO exceptions 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:

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| • Attendance/class participation/in-class work (11 classes @ 6 points each) | 66 points |
| • Assignments (3 assignments @ 5 points each) | 15 points |
| • Current State vs Ideal State Project: Poster (7 pts) Presentation/Participation (3 pts) | 09 points |
| • My Best Self Project: Poster (7 pts) Presentation/Participation (3 pts) | <u>10 points</u> |
| Total Points | 100 points |

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.

HOMEWORK

All homework activities is expected to be completed the week after it is given. If you realize that you will not be in class to turn it in, make sure to send it via e-mail or drop it off at my office (228A Stone Building). If you turn it in on time, you will receive credit; if not, you will lose one (1) point per day it is late. In other words, if it's one day late, you lose one point, if it's two days late, you lose two points. After the fourth day, you will not receive any credit for the assignment. However, it's important to complete each assignment because all assignments are useful in complete the two Poster Projects. All of the activities and assignments in this class have been found to enhance knowledge about yourself, but to aid in personal development and growth. In addition to the assignments and activities in class, you may also be encouraged to take on-line self-assessments and/or review articles/videos for further personal exploration. As stated earlier, there is no extra credit is provided. There's absolutely NO reason why you cannot get an "A" in this class!

PROJECT #1: CURRENT STATE VS. IDEAL STATE

The Current State vs. Ideal State Poster and Presentation Project is a poster and short presentations you will construct and share during the week before Spring Break. The Project specifically addresses where you are in your life right now, and where you want it to be in three specific areas in your life. The weekly assignments before this Project are geared to help you complete your poster. Presentations will be between 1 and 2 minutes, based on a specific set of questions given at that time. For your poster and presentation, feel free to share as much or as little as you desire, since both will be shared with your fellow classmates. This Project is worth 9 total points, 6 points for the poster and 3 point for the presentation/participation.

PROJECT #2: MY BEST SELF

The My Best Self Poster and Presentation Project is a poster and short presentations you will construct and share during the last class. The Project specifically addresses what you want your life to look like 5-10 years down the road. Look at this Project as your roadmap for the future. The weekly assignments throughout this semester are geared to help you complete your poster. Presentations will be between 1 and 2 minutes, based on a specific set of questions given at that time. For your poster and presentation, feel free to share as much or as little as you desire, since both will be shared with your fellow classmates. This Project is worth 9 total points, 6 points for the poster and 3 point for the presentation/participation.

WEEKLY TOPICS (TENTATIVE; VERY SUBJECT TO CHANGE)

- Week 1 – Introduction to Course, Are You Living Your Best Life Reflection
- Week 2 – Daily Practice – 3 Gratitudes and 1 Random Act of Kindness
- Week 3 – Daily Practice – Journaling and Exercise/Movement
- Week 4 – Identifying your Super Powers
- Week 5 – (Picture) You, the Super Hero
- Week 6 – Transformation Triad/The Big 3: Current vs. Ideal State
- Week 7 – Current State vs. Ideal State Poster and Presentation; Steve Harvey: JUMP video
- Week 8 – What Holds You Back?
- Week 9 - Creating Your Rules for Daily Living/Personal Manifesto
- Week 10 – Developing Your Dream Team/Board of Advisors and Community/Tribe
- Week 11 – Writing Your Eulogy/Time Left Worksheet
- Week 12 – Living Your Best Life/Being Your Best Self/Life Word Activity
- Week 13 – Best Self in 5-10 Years Poster and Presentations