

HHS125: Design Your Life I – What Could I Do with My Life (1 credit)

Fall Semester, 2019

Instructor: William H Johnson Jr (please call me Bill or Mr. Bill), Student Success Navigator and Life Design Catalyst Coach

Office Location: 228A Stone Building

Phone: 336-207-6795

E-mail: whjohnso@uncg.edu (preferred)

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, your values, your personality, and your strengths to optimize your life and know yourself better.
- Define your meaningful work and the problem you will solve to help others and make the world a better place.
- Create a vision and plan to complete your degree and to develop your professional life for college and beyond.
- Connect with your classmates through activities and poster presentations.

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. 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 one class and still receive an “A,” provided you do not miss any other classes and complete the activities. Things come up over the course of the semester, so make sure to choose your absence wisely.

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 (10 classes @ 6 points each) | 60 points |
| • My Life Story Project: Poster (8 pts), Presentation (3 pts), Participation (2 pts) | 13 points |
| • Major/Career/Calling Exploration Project: Poster (10 pts), Presentation (3 pts), Participation (2 pts) | 15 points |
| • Personal Charter Project: Poster (7 pts), Presentation (3 pts), Participation (2 pts) | <u>12 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 weekly homework, only 3 projects, 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's strongly encouraged because of the many benefits it provides.

LIFE WORK

All activities – except the posters – will be done during class. Therefore, each time you attend class and complete the work, you will receive full credit for that day's work (6 points). The Life Work that you will do for this class has been found to enhance knowledge about yourself. In addition to the Life Work in class, you will have opportunities for further exploration. Totally optional, but the activities will provide you additional insights into yourself and your life. And just so you know, **NO EXTRA CREDIT IS PROVIDED.**

PROJECT #1: MY LIFE STORY POSTER AND PRESENTATION PROJECT

The My Life Story Poster and Presentation Project is a poster and short presentations you will construct and share during the third or fourth week of class. The Project specifically addresses the story of your life, up to this point. You will be provided with specific instructions the week before the due date to complete your poster. Presentations will be done with your fellow classmates in small groups; you'll have between 5-7 minutes to share your poster based on a specific set of questions. This Project is worth 11 total points, 8 points for the poster and 3 points for the presentation.

PROJECT #2: MAJOR/CAREER/CALLING EXPLORATION PROJECT

The Major/Career/Calling Exploration Project is a poster and short presentations you will construct and share during the eighth or ninth week of class. The Project specifically addresses the majors and/or career options around your meaningful work. You will be provided with specific instructions the week before the due date to complete your poster. Presentations will be done with your fellow classmates in small groups; you'll have between 5-7 minutes to share your poster based on a specific set of questions. This Project is worth 13 total points, 10 points for the poster and 3 points for the presentation.

PROJECT #3: PERSONAL CHARTER POSTER AND PRESENTATION PROJECT

The Personal Charter Poster and Presentation Project is a poster and short presentation you will construct to share in the final class of the semester. The Project encompasses everything you've learned about yourself during the semester. You will use the information from various activities during the semester to complete your poster. You will be provided with specific instructions the week before the due date to complete your poster. Presentations will be done with your fellow classmates in small groups; you'll have between 5-7 minutes to share your poster based on a specific set of questions. This Project is worth 10 total points, 7 points for the poster and 3 points for the presentation.

WEEKLY TOPICS (TENTATIVE; SUBJECT TO CHANGE)

- Week 1 – Introductions (to Course and to Classmates); Introduction to Breathing Meditation
- Week 2 – I Am Statements
- Week 3 – Storytelling Activity (Instructions for My Life Story Project)
- Week 4 – Project #1: My Life Story Poster and Presentation
- Week 5 – Personality Type Assessment
- Week 6 – Values Assessment
- Week 7 – Strengths Assessment
- Week 8 – Meaningful Work Statement and Quiz (Instructions for Major/Career/Calling Exploration Project)
- Week 9 – Project #2: Major/Career/Calling Exploration Poster and Presentation
- Week 10 – Dream Team/Dream Community
- Week 11 – Body of Work and Opportunity Exploration Activity
- Week 12 – Your Problem to Solve/Your Life's Work (Instructions for Personal Charter Project and Course Evaluation)
- Week 13 – Project #3: Personal Charter Poster and Presentations