HHS125: Personal and Academic Success in HHS  
Fall Semester, 2014

Instructor: Bill Johnson, Student Success Coordinator/Personal Development Coach, Office of Life Planning and Personal Development, School of Health and Human Sciences
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INTRODUCTION
By the end of this course, you will:
• Recognize and appreciate your “story.”
• Define the things most important in your life and how to live by them every day.
• Identify your meaningful work and relate it to potential majors.
• Begin to develop goals and dreams for the future.
The ultimate goal of this course is to begin your journey to create a life that matters!

BILL JOHNSON’S CLASS SECTIONS/TIME/LOCATION:
• Monday (Learning Community Sections) – Section 01: 9:00-9:50am (312 Curry), Section 02: 2:00-2:50pm (309 Curry)
• Tuesday – Section 03: 9:30-10:20am (1213 MHRA), Section 04, 3:00-3:50pm (312 Curry)
• Wednesday – Section 06: 3:00-3:50pm (303 Graham)
• Thursday – Section 08: 2:00-2:50pm (331 Curry)
• Friday – Section 09: 9:00-9:50am (2206 MHRA), Section 10: 2:00-2:50pm (331 Curry)

ATTENDANCE/PARTICIPATION POLICY
Class is set up so that you will engage in activities both inside and outside of class; there may also be time on reflection, sharing, and discussion. If you show up, complete the work, and participate in the class discussions, you will receive 5 points; if you do not attend - which means you cannot participate in that day’s activities – you receive 0 points. The attendance policy is set in stone!
• Monday sessions – 8/18, 8/25, 9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1
• Tuesday sessions – 8/19, 8/26, 9/2, 9/9, 9/16, 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25
• Wednesday sessions – 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19
• Thursday sessions – 8/21, 8/28, 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20
• Friday sessions – 8/22, 8/29, 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21

EVALUATION AND GRADING
The course is graded A, B, C, D, or F and uses the +/- system. Your final grade will be calculated using the following criteria:
• Attendance/class participation/in-class work (13 classes @ 5 points each)  
  65 points
• Homework assignments (4 assignments @ 4 points each)  
  16 points
• Life change challenge (2 progress reports @ 3 points each)  
  6 points
• My Life Story Presentation (3rd Week of Semester)  
  6 points
• Self-Portrait Presentation (Last class of Semester)  
  7 points
Total Points  
  100 points

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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A+</td>
<td>100</td>
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<tr>
<td>A</td>
<td>95 to 99</td>
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<tr>
<td>A-</td>
<td>90 to 94</td>
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<td>B+</td>
<td>87 to 89</td>
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<td>B</td>
<td>83 to 86</td>
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<td>B-</td>
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<td>C+</td>
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<td>63 to 66</td>
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<td>D-</td>
<td>60 to 62</td>
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<td>F</td>
<td>below 60</td>
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There’s no final exam and **extra credit is not provided**. If you come to class, complete the exercises and assignments, and complete your presentations, you should easily receive at least an “A” in this class.

**QUIET TIME/MEDITATION**
At the beginning of each class, you will have 5-7 minutes of quiet time/meditation time – to settle down, connect with yourself, or just relax. Please, **DO NOT** turn on/use your cell phone during quiet time; respect me and your classmates by turning it off during this time. If running late, please wait until quiet time is over before you enter the classroom.

**HOMEWORK ASSIGNMENTS**
The homework assignments will have you explore a particular topic about your life. They may consist of a short assessment (by hand and/or on-line), completion of a worksheet, or something totally off-the-wall. You will need to bring in your “results” by next class in order to get credit for the homework assignment. Each completed assignment is worth 4 points. If you happen to miss class when it’s due, send it to me via e-mail or drop it off in my office. If you turn in your assignment late, you will not receive any credit for it – but you will learn something new about yourself! ☺

**LIFE CHANGE CHALLENGE**
During the semester, you will be asked to complete two 7-Day Life Change Challenges. These challenges will require you to address some aspect of your life that you’d like to change. Details and instructions will be provided as we get closer to the starting date. You will receive 3 points for turning in your progress report, regardless whether you were successful in your change or not.

**MY LIFE STORY PRESENTATION AND SELF-PORTRAIT PRESENTATION**
The My Life Story Presentation and the Self-Portrait Presentations are short presentations you will make to the class. Presentations will be between 1 and 2 minutes. The My Life Story Presentation will have you share information about yourself, based on your interpretation on doing the Kick-Ass Questions and Path of Life exercises. The Self-Portrait Presentations will be focused more on what you’ve learned about yourself during the semester; you can present on such things as how you live by your purpose, how you plan to do more meaningful work, and/or sharing a few of your most pertinent goals and dreams. As with the My Life Story Presentation, your presentation will be between 1 and 2 minutes, so make sure they are to the point. Note: Feel free to share as much or as little as you desire, since both presentations will be in front of class.

**WEEKLY TOPICS (TENTATIVE)**
- Week 1: Introduction to Course, Meditation Briefing, Get-to-Know-You Activity
- Week 2: Path of Life/Charting Your Life Story/Personal Lifeline
- Week 3: My Life Story Class Presentation
- Week 4: Value Tags Assessment
- Week 5: Lollipop Moments
- Week 6: Meaningful Work/Calling Connection
- Week 7: Life Motto/Personal Manifesto/ Purpose Statement
- Week 8: My Life Self-Assessment/ Energy Drains
- Week 9: Life Change Challenge (my choice); Optional Discussion - Registration/Scheduling/Majors
- Week 10: Life Change Challenge (student’s choice); Optional Discussion - Registration/Scheduling/Majors
- Week 11: Bucket/Dream List
- Week 12: Blueprint of Best Life/Vision for Your Life
- Week 13: Self-Portrait Presentation
- Week 14: Integrated Studies Lab Assessment, Washington Center Survey, and Learning Community Evaluations (Monday classes only)