HHS126: Purpose and Vision in Action
Spring Semester, 2015

INSTRUCTOR INFORMATION:
Instructor: William H. Johnson Jr., Student Success Coordinator/Personal Development Coach/Instructor
Teaching Assistants: Morgan Whisnant (Monday sections) and Jasmine Kendrick (Tuesday section)
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STUDENT LEARNING OUTCOMES:
Introduction
We will be engaged in a number of activities throughout the semester to create opportunities aligned with your purpose in life and vision for your future. We will re-examine/re-define your purpose and meaningful work statements to develop “projects” based on these two statements. We will also explore and develop a more concrete vision for your future – your goals and dreams – and participate in small group coaching to complete projects on your list.

Learning Outcomes
By the end of the semester, you will:
• Define your purpose in life and meaningful work.
• Identify and create “projects” related to your purpose and meaningful work.
• Engage in Solutions-Based Brief Coaching to make positive change in your life and to complete projects in a timely manner.
• Reflect on the value, impact, and lessons learned from your experience in this course.

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:
• Class participation/attendance (13 classes @ 4 points per class) 52 points
• Weekly Assignments (12 weeks @ 3 points) 36 points
• Reflection Presentation (4 points) and Project (8 points) 12 points
  o Total Points
100 points

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

A+: 100  B+: 87 to 89  C+: 77 to 79  D+: 67 to 69  F: below 60
A: 95 to 99  B: 83 to 86  C: 73 to 76  D: 63 to 66
A-: 90 to 94  B-: 80 to 82  C-: 70 to 72  D-: 60 to 62

There’s no final exam and extra credit will not be given.

REFERENCE TEXTS/READINGS:
No text required for class.

**TOPICAL OUTLINE/CALENDAR:**

Course Outline/Calendar
Week 1: Introductions and Coaching Process
Weeks 2 through 12: TBD
Week 13: Reflection Project and Presentation

**ATTENDANCE POLICY:**
You are expected to come to every class. Class is set up so that most of the exercises and activities are done outside of class; class time will be spent on reflection, sharing, and discussion. If you complete the work and participate in the class discussions, you will receive 4 points; if you do not attend, which means you cannot participate, you receive 0 points.

**HOMEWORK ASSIGNMENTS**
These short assignments will have you explore a particular topic about your life. Assignments will focus on the completion of some type of self-assessment or mini-project towards purpose, goals, and dreams. You will need to bring in your “results” to the next class in order to get credit for the homework assignment. Each completed assignment is worth 3 points. You will receive 0 points for assignments turned in late.

**ADDITIONAL REQUIREMENTS:**

Life Change Challenge
As a part of the course, you will also participate in a life change challenge, where you will be required to complete a “life change” for 7 days. These challenges will require you to address some aspect of your life – something that you would like to add, subtract, or change in your life. Instructions to complete the challenge will be provided during the first few weeks of class. The challenge will be part of your homework grade in class, regardless of whether you were successful in completing the challenge or not.

Quiet Time/Meditation/Reflective Writing
At the beginning of each class, you will have quiet/meditation time – to settle down, connect with yourself, or just relax. Please, not cell phone use at this time. If running late, please wait until quiet time is over before you enter the classroom.

Final Project and Presentation
Project will be a compilation of everything you’ve done/learned about yourself over the course of the semester. Presentations will be between 1 and 2 minutes. More information about the Project and Presentation will be shared at a later point during the semester.