Course calendar for IDS 142 (VanZandt)

NOTE: 4kw = 4,000 Weeks by Burkeman; DYL = Designing Your Life by Burnett & Evans; wb = workbook

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| Day/  Date/  (class #) | What we’ll do in class | Resources (readings, videos, etc.) | Notes & deadlines |
| Unit 1: What does it mean to live a life of significance? | | | |
| Th 8/25  (1) | * Introductions and norms * Classroom climate activity * Thoughtful Thursdays | * no readings | * watch introductory Flipgrid video from PVZ |
| Tu 8/30  (2) | * Discussion: goals, backward design | * 4kw Intro & DYL Intro (34 pp) | * **Introductory Flipgrid post due** |
| Th 9/1  (3) | * Discussion: productivity & efficiency * Thoughtful Thursdays | * 4kw Ch 1 – 2 (38 pp) * Bored & Brilliant [challenge](https://www.wnyc.org/series/bored-and-brilliant/) 1 * First part of On Being [interview](https://onbeing.org/programs/oliver-burkeman-time-management-for-mortals/) |  |
| Tu 9/6  (4) | * Discussion: being time * saying ‘no’ * meditation | * 4kw Ch 3 – 5 (42 pp) | * Ch 6 is recommended * schedule 1:1 meetings w/ PVZ this week * L&A event on 9/8 |
| Th 9/8  (5) | * Discussion: wherever you go, there you are * Thoughtful Thursdays | * 4kw Ch 8 – 9 (35 pp) | * Ch 7 is recommended * **Due: draft of Assignment 1** * Attend common hour on Lecture & Arts events |
| Tu 9/13  (6) | * Discussion: focus, patience | * 4kw Ch 10 – 11 (23 pp) | * Ch 12 is recommended * discuss museum assignment |
| Th 9/15  (7) | * Discussion: the universe doesn’t care about you – yay! * Thoughtful Thursdays | * 4kw Ch 13 – 14 (25 pp) | * peer-review of drafts * Attend common hour on advising for e-term & spring |
| Tu 9/20  (8) | * Discussion: your planning toolbox | * 4kw Afterward, & Appendix (16 pp) | * **Assignment 1 Due on Moodle** |
| Unit 2: How do others live a life of significance? | | | |
| Th 9/22  (9) | * Discussion: you are here * Lifeview & workview dashboards * Thoughtful Thursdays | * DYL Ch 1 – 2 (37 pp) | * assign design teams |
| Tu 9/27  (10) | * Discussion: Wayfinding * Your good time journal (gtj) | * DYL Ch 3 (22 pp) * “finding your passion is bad advice” reading | * continue gtj * provide > 2 contacts to be interviewed * draft email to contacts (see advice on Moodle) * Attend alumni panel scheduled this week |
| Th 9/29  (11) | * Discussion: good time journal * mind mapping * Thoughtful Thursdays | * DYL Ch 4 (24 pp) | * Continue to write in gtj * Prepare 3 mind maps * Discuss maps in class |
| Tu 10/4  (12) | * good time journal reflection * mind map mash-ups |  | * Draft Odyssey plans on own for next class |
| Th 10/6  Fall break | No class – enjoy your break! |  | * make time for self-care |
| Tu 10/11  (13) | * Team discussion of Odyssey plans * personal reflection on plans | * DYL Ch 5 (20 pp) | * watch interviews for next class (see Moodle) |
| Th 10/13  (14) | * Active listening exercise * Odyssey plan feedback * Thoughtful Thursdays | * videos of different interview styles | * Bring list of prototype experiences |
| Tu 10/18  (15) | * Discussion: prototyping * practice interviews w/in design teams | * DYL Ch 6 (pp. 107 – 119; 12 pp) |  |
| Th 10/20  (16) | * Discussion: prototyping * brainstorming prototype experiences in design teams * Thoughtful Thursdays | * DYL Ch 6 (pp. 119 – 127; 8 pp) | * Conduct at least 1 interview by today * Bring notes from 1 interview |
| Tu 10/25  (17) | * discuss interviews in design teams |  | * Conduct at least 1 more interview by today * Draft write-up of 1 interview (in class) |
| Th 10/27  (18) | * Student conferences |  | * conferences will happen during class time |
| Tu 11/1  (19) | * Guidelines for good presentations * Work on presentations in design teams |  |  |
| Th 11/3  (20) | * Discussion: process * Using planning on Self-Service * Thoughtful Thursdays | * DYL Ch 9 (23 pp) | * **Assignment 2 Due (on Moodle)** |
| Tu 11/8  (21) | * Presentations |  | * **Assignment 3: Group Presentations** |
| Unit 3: How does community shape living a life of significance? | | | |
| Th 11/10  (22) | * Activity: introducing assignment 4 & brainstorm projects * Revisit Odyssey plans * Thoughtful Thursdays |  | * Progress report: what community group(s) are you interested in? Bring list of 3 options, with justifications. |
| Tu 11/15  (23) | * Resilience & wellbeing | * see Moodle | * TBD |
| Th 11/17  (24) | * community as a place: connectedness * Thoughtful Thursdays | * NYT article | * TBD |
| Tu 11/22  (25) | * Discussion: reframing failure | * DYL Ch 10 (18 pp) |  |
| Th 11/24  Thanksgiving | No class – enjoy your holiday! |  | * make time for self-care |
| Tu 11/29  (26) | * Careers & job-hunting * Wrap-up Tuesday | * DYL 7, 8, & Conclusion (40 pp) * “squiggly careers” TED talk |  |
| Friday 12/2 | * No class meeting |  | * **Assignment 4 Due on Moodle** |
| Final Exam time (Tu, Dec. 6) |  |  | * **Assignment 5 (Curricular and Co-Curricular Plan with Rationale)** |