



How to Live a Fulfilling Life

Autumn Semester 2018

ARTSCI 1137

1 Credit

ROOM/TIME	TBA
INSTRUCTOR	Jenny Patton, Senior Lecturer, Department of English MFA, Creative Nonfiction, The Ohio State University, 2012 Wellness Coach, OSU Student Wellness Center
OFFICE HRS	Mondays 12:30 – 2 p.m. & by appointment Location: 503 Denney Hall
CONTACT	Patton.220@osu.edu
COURSE DESCRIPTION & OBJECTIVES	<p><i>Who am I? What do I want? How might I create the life I envision?</i></p> <p>This First-Year Seminar will serve as an avenue to explore questions critically important to our development—questions rarely posed in traditional classrooms: <i>Who am I? What do I want? What do I value? How might I create the life I envision?</i> We'll examine the work of philosophers and essayists ranging from Plato and Thoreau to Thich Nhat Hanh, Adrienne Rich and Maya Angelou. We'll chat about findings from life-satisfaction and emotional-state theorists and engage with "Designing Your Life" activities created by Stanford professors Evans and Burnett. Along the journey, we'll respond to journal prompts targeted to help you better understand who you are, what you value and what type of life you want to build. Finally, you'll create a possibility map based on your semester-long self-discoveries. No previous knowledge of the material is expected.</p> <p>Goals:</p> <ol style="list-style-type: none">1. Through critical analysis, discussion and writing, students demonstrate the ability to read carefully and express ideas effectively.2. Students recognize the importance of reading and writing as a path to more deeply understanding themselves and chart a course for a fulfilling life.
REQUIRED MATERIALS	<ul style="list-style-type: none">• <i>Designing Your Life</i> by Bill Burnett and Dave Evans• Essays, philosophical arguments and academic theory readings on Carmen• A composition notebook or journal
COURSE REQUIREMENTS	
Reading Responses 50%	You will respond critically each week to questions related to the readings and the topic under discussion. (300-500 words each week)

Discussion Leader 20%	You will post two thought-provoking questions about a class reading once during the semester and lead an engaging class discussion about the material.
Participation 30%	This is a seminar, not a lecture course. Reading assignments are intended to provoke discussion among seminar participants. I expect you to come to class prepared to talk about what you have read. If you are not comfortable speaking in large settings, you will have the opportunity to express your thoughts in small groups.
Course Policies	
ATTENDANCE	<p>Attendance is important to the success of this class and to your development as a college student.</p> <p>Excused absences, such as those for documented illness, family tragedy, religious observance, or travel for inter-collegiate athletics, will not affect your grade. If you miss class, it is your responsibility 1) to contact me as soon as possible 2) to provide written documentation for your absence, 3) to arrange to share notes with a classmate and 4) to catch up with all the assignments.</p>
TARDINESS	<p>Tardiness is disruptive to the classroom environment and prevents you from fully participating and assimilating the information and materials discussed in class. If you are more than ten minutes late for class and you do not have a valid excuse, you will be marked absent for the day.</p>
ACADEMIC MISCONDUCT	<p>Plagiarism is the unauthorized use of the words or ideas of another person. It is a serious academic offense that can result in referral to the Committee on Academic Misconduct and failure for the course. Faculty Rule 3335-5-487 states, "It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term 'academic misconduct' includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee." In addition, it is a violation of the student code of conduct to submit without the permission of the instructors work for one course that has also been submitted in fulfillment of the requirements of another course. For additional information, see the Code of Student Conduct (http://studentaffairs.osu.edu/resources/).</p>
CLASSROOM ETIQUETTE	<p>Everyone in the class is expected to be respectful and civil to other members of the class. Part of this classroom etiquette is remembering to silence cell phones before the beginning of the class.</p> <p>All discussions, regardless of subject matter, will be conducted in a civil, respectful and adult manner. Harassment will not be tolerated in any form and will result in disciplinary action.</p>
CLASS CANCELLATION POLICY	If class is canceled due to emergency, I will contact you via email and request that a note be placed on the door. In addition, I will contact you as soon as possible following the cancelation to let you know what will be expected of you for our next class

	meeting.
BIOGRAPHICAL STATEMENT	<p>Jenny Patton teaches professional writing and capstone internship courses as well as career preparation and second-level writing classes, applying a holistic approach to support students by incorporating her background as a Mayo Clinic-certified wellness coach and yoga-writing workshop instructor. She has received the Award for Outstanding Faculty Program for Enhancing Student Wellness, the English Undergraduate Organization (EUGO) Associated Faculty Member of the Year Award, and the President and Provost’s Award for Distinguished Teaching by a Lecturer.</p> <p>Her stories and essays have been published in <i>Brevity</i>, <i>River Teeth</i> online, <i>Kaleidoscope</i>, <i>Natural Awakenings</i>, <i>Prism Review</i>, <i>751 Magazine</i> and <i>Ohio Writer</i>, for which her entry earned first place in the Best of Ohio Writers Contest sponsored by Poets’ and Writers’ League. Her work has been nominated for a Pushcart Prize, and her essay “A Different Direction” was cited as a Notable Essay in <i>Best American Essays 2016</i>. Additionally, she was a Peter Taylor Nonfiction Fellow at <i>Kenyon Review</i> Writers Workshop and a scholarship winner at New York Summer Writers Institute at Skidmore College. Prior to coming to OSU, she worked as a reporter, copywriter, technical writer and editor.</p>
RESOURCES	
<p>The OSU Writing Center is available to provide free, professional writing tutoring and consultation. You may set up an appointment by visiting http://cstw.osu.edu/writing-center.</p> <p>Students with disabilities (including mental health, chronic or temporary medical conditions) that have been certified by the Office of Student Life Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office of Student Life Disability Services is located in 098 Baker Hall, 113 W. 12th Avenue; telephone 614-292-3307, slds@osu.edu; slds.osu.edu.</p>	

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ASC 1137

WEEKLY SCHEDULE

Week 1

Welcome and Introduction

In-Class Reading: Excerpt from *Walden* by Henry David Thoreau (Handouts provided)

Week 2

Taking Stock

Readings Due:

Chapter 1, "Start Where You Are," *Designing Your Life* by Burnett and Evans

Brief excerpt: "Unexamined Life" Socratic philosophy

Week 3

Lifeview

Readings Due:

Chapter 2, "Building a Compass," *Designing Your Life* by Burnett and Evans

Brief excerpt: *Purpose-Driven Life* by Rick Warren

Week 4

Models and Mentors

Readings Due:

"Do You Really Know What You Want?" *The Rhythm of Life* by Matthew Kelly

Brief excerpt: *Essential Writings* by Thich Nhat Hanh

Week 5

Flow

Readings Due:

Chapter 3, "Wayfinding," *Designing Your Life* by Burnett and Evans

View TedEx video: https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow

Week 6

Long-Term Perspective

Reading Due:

Chapter 5, "Designing Your Lives," *Designing Your Life* by Burnett and Evans

Brief excerpt: *When Things Fall Apart* by Pema Chodran

Week 7

Possibility Mapping

Readings Due:

Chapter 6, "Prototyping," *Designing Your Life* by Burnett and Evans

Brief excerpt: *You Majored in What? Mapping Your Path From Chaos to Career* by Katharine Brooks

Week 8

Vocation as a Calling

Readings Due:

Chapter 8, "Designing Your Dream Job," *Designing Your Life* by Burnett and Evans

Brief excerpt: *I Could Do Anything If I Only Knew What It Was* by Barbara Sher

Week 9

Create the Life You Envision

Readings Due:

Chapter 9, "Choosing Happiness," *Designing Your Life* by Burnett and Evans

Brief excerpt: *Essais* by Michel de Montaigne

Week 10

Resilience

Readings Due:

Chapter 10, "Failure Immunity," *Designing Your Life* by Burnett and Evans

Brief excerpt: *I Know Why the Caged Bird Sings* by Maya Angelou

Week 11

Community Building

Readings Due:

Chapter 11, "Building a Team," *Designing Your Life* by Burnett and Evans

Brief excerpt: *Arts of the Possible: Essays and Conversations* by Adrienne Rich

Week 12

Personal Practices

Readings Due:

Select 2 of the 10 "Personal Practices" readings posted on Carmen

Week 13

Life Satisfaction

Readings Due:

Excerpt from life-satisfaction and emotional-state theorists

Brief excerpt: *Man's Search for Meaning* by Victor Frankl

Week 14

Launching Pad

Readings Due:

Conclusion, "A Well-Designed Life," *Designing Your Life* by Burnett and Evans

Brief excerpt: "Being at home in your life," *The Not So Big Life* by Sarah Susanka