

IPS 306 Self-Awareness

Course Description

This course engages you in activities that will help you learn more about your strengths, your values, and your talents. Whether you are interested in exploring a new career or a promotion, trying to decide what's next for you, or simply fulfilling this course as a requirement in the BIPS degree program, a primary goal of this course is to enhance personal success by getting to know **yourself** better.

SLOs

1. Develop the knowledge and skills to enhance your personal and academic success, with emphasis on self-awareness, self-management, interdependence, and self-responsibility.
2. Identify meaningful learning opportunities based on purpose, mission, dreams, and vision.
3. Create projects that help you move toward a desired purpose and mission.
4. Engage in coaching techniques that will help you reach your desired purpose and mission.

Major Assignments

Lifeline Timeline

Reflect and map the personal and professional experiences that have affected you thus far. This activity answers the question, "What has made me who I am today?"

Visionary Lifework Essay

Write a short paper that describes what your Visionary Lifework would look like for you. "Close your eyes and imagine your Lifework five to seven years down the road."

7-Day Challenge

Depict your best version of Self, personal and professional; rank your current top priorities, and then define the daily habits you will commit to, to become this best version of Self. This challenge is an opportunity to create change.

Cover Story You

Construct a storyboard or collage that depicts your story two years into the future.

Personal Business Model Canvas Project and Presentation

Create a poster that compiles everything you've learned about yourself over the course and present your story in a brief video.

Reading List

Clark, T., Osterwalder, A., & Pigneur, Y. (2012). *Business Model You*. Hoboken, NJ: Wiley.

The Student Experience

"I did come out with a better understanding and articulation of my personal goals and strengths."

"I like how involved the course was with the other students. I really got to know them on a personal level even though the class was online. I also really liked that this was an assignment/project-based class. This really helped me keep up with all of my work."