Senior Seminar: Self, Work, and Life

Wednesdays, 6:40pm - 9:30pm in room B 105, Lucy Stone Hall

Instructor

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Office: Room 146, Labor Education Center

Course Description

What does it take for a person to thrive in the 21st century? It takes knowledge, imagination, wisdom, and action. The course is designed to cultivate students’ growth in these four areas so that they are more likely to achieve meaningful careers and live a happier life. The course will introduce students to social neuropsychological theories of how we construct our sense of “self” and “realities” and theories of career development. Furthermore, the course will train students to be more aware of the process of “creating” themselves and their relations to the social and the physical world in hope that they will make wiser choices in their work, career, and life and wiser responses to forces beyond their control. Students are expected to complete readings and assignments before attending the classes and the class time will be devoted to discussion, exercises, and activities.
Learning Objectives

Upcoming completion of this course, students will learn how to:

• Describe, experience, and be aware of social neuropsychological construction process of the “self” and “realities”
• Explain different theories of career development
• Discover new self-knowledge, design paths to meaningful careers, and take action to pursue these paths

Required Course Materials

• HBR, “Warby Parker.”
• Other readings as assigned.

Course Requirements

Our face-to-face meeting time in the classroom is precious in this age of digital communication. So, we will spend our class time in discussions and activities that can not be “Googled” nor be conveyed through technology. In order to reach an optimal quality of discussions and learning, it is critical that (1) students complete the readings and assignments prior to attending classes, (2) arrive on-time and attend the entire class, (3) devote undivided attention to the instructor and fellow students (turn off all electronic devices), and (4) participate thoughtfully and constructively in class discussions and activities.

Students will be assessed based on the above principles:

• Weekly Quizzes (30%)
  Students will be assessed on (1) whether they complete the assigned readings and (2) how well they understand the content through weekly quizzes in class. If you are late for a class, you will have less time to take the quiz. If you arrive in class after the quizzes are collected from the class, you will not be able to take the quiz. There will be 13 weekly quizzes, two lowest grades will be dropped from calculation toward final grade.

• Weekly Assignments (30%)
  Weekly assignments (typed, 12-point font, 1-inch margin) are due at the beginning of each class because you will need them to participate in class discussions and activities. Late assignments will not be accepted. There will be 13 weekly assignments, two lowest grades will be dropped from calculation toward final grade.
- Class attendance and participation (30%)
Students will be assessed based on (1) their class attendance and (2) how well they contribute to their own learning and their fellow students’ through fully listening to each other, expressing their perspectives thoughtfully, building on each other’s ideas and thoughts or contributing new ideas and thoughts, and providing constructive feedback to fellow students. Peer assessment of class participation will be taken into consideration toward final grade.

- Final Options (10%):
  A. Mindfulness Practicum (daily, in-class, and comprehensive) and 1-2 pages of self-reflection (12/10).
  B. Final comprehensive exam (12/17, 8:00 - 11:00pm)

Other Considerations
- Students are expected to observe all Rutgers policies regarding student conducts and academic integrity.
- Students with disability will be accommodated according to university policy and procedure.

Course Schedule
(Subject to modification as needed)

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<th>Dates</th>
<th>Topics &amp; Quizzes</th>
<th>Readings</th>
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<td><strong>Week 1</strong> 9/3</td>
<td>• Introduction to the Course</td>
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| **Week 2** 9/10 | • “Change is the only constant”  
• How adaptive are you to change?  
• Practicum: Pay “Voluntary” Attention  
• Quiz/Assignment/Participation 1 | - Pryor & Bright, Chapter 1  
- Jon Kabat-Zinn (2013), Full Catastrophe Living, Chapters 17 & 18  
- Leonard Mlodinow (2012), Subliminal,” Ch. 1.  
| **Week 3** 9/17 | • The construction of the “self” and reality  
• Earlier theories of career development  
• Practicum: Labeling thoughts, emotions, and bodily sensations  
• Quiz/Assignment/Presentation 2 | - Pryor & Bright, Chapter 2  
- Kabat-Zinn, Chapter 15  
- Moldinow, Chapters 2, 7, 9, 10  
- NYT: “A Search for the Self in A Brain” |
| **Week 4** 9/24 | • The chaos theory of careers development  
• Practicum: Non-judgmental  
• Quiz/Assignment/Presentation 3 | - Pryor & Bright, Chapters 3, 4, 5  
- YouTube: Steve Job’s Stanford Commencement Speech |
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| Week 5 | 10/1 • The “chaotic self”? • Practicum: Open awareness • Quiz/Assignment/Presentation 4 | - Pryor & Bright, Chapter 6  
- Moldinow, Chapters 3 - 8                                                                                                         |
| Week 6 | 10/8 • Employability and entrepreneurship • Practicum: Curiosity - asking questions • Quiz/Assignment/Presentation 5 | - Daniel Pink (2006), “A Whole New Mind,” Chapter 2 & Introducing the Six Senses.  
- Thomas Friedman, “Need A Job, Invent it.”  
- HBR, “Warby Parker.”                                                                 |
| Week 7 | 10/15 • Business model thinking - your employer • Practicum: Body awareness • Quiz/Assignment/Presentation 6 | - Pryor & Bright, Chapter 7  
- Clark et al., Chapters 1 & 2  
- YouTube: The Business Model Canvas  
- Kabat-Zinn, Chapter 5                                                                                                       |
| Week 8 | 10/22 • Business model thinking - you • Self-reflection - “Who am I?” • Practicum: Kinesthetic awareness • Quiz/Assignment/Presentation 7 | - Pryor & Bright, Chapter 8  
- Clark et al., Chapters 3 & 4  
- Robbins & Judge (2014), Organizational Behavior, Chapter 5  
- Kabat-Zinn, Chapter 7                                                                                                      |
| Week 9 | 10/29 • “Who am I, again?” • Practicum: Postures & movement • Quiz/Assignment/Presentation 8 | - Clark et al., Chapter 4  
- Kabat-Zinn, Chapter 6  
| Week 10| 11/5 • Identify your purpose • Practicum: Compassion • Quiz/Assignment/Presentation 9 | - Pryor & Bright, Chapter 9  
- Clark et al., Chapter 5  
- Barry Schwartz (2010), Practical Wisdom, Ch. 2  
- HBR, “Level 5 Leadership”  
- Robbins & Judge (2014), Chapter 7  
- TED - Dan Pink - The Puzzle of Motivation                                                                                       |
| Week 11| 11/12 • Reinventing yourself and redraw your business model • Practicum: Creativity • Quiz/Assignment/Presentation 10 | - Pryor & Bright, Chapter 10  
- Clark et al., Chapters 6 & 7  
- Ellen Langer, (1989), Mindfulness, Chapters 2 & 5  
- Kabat-Zinn, Chapter 12                                                                                                           |
| Week 12| 11/19 • Calculate your value and test your model • Practicum: Communication • Quiz/Assignment/Presentation 11 | - Pryor & Bright, Chapter 11  
- John Haidt (2006), The Happiness Hypothesis, Chapter 5  
- Selected readings on organizational culture  
- TED - Paul Piff: Does money make you mean?                                                                                         |
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<tr>
<td>Week 13</td>
<td>11/26 Thanksgiving</td>
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<td>Week 14</td>
<td>12/3 • Test your model (Continue)</td>
<td>- Clark et al., Chapter 9</td>
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<td>• Practicum: Listening</td>
<td>- Haidt, Chapter 10</td>
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<td>• Quiz/Assignment/Presentation 12</td>
<td>- “Your Phone vs Your Heart”</td>
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<td>Week 15</td>
<td>12/10 • Comprehensive practicum and essay writing</td>
<td>- Kabat-Zinn, Chapters, 19, 20, 30</td>
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<td>• Quiz/Assignment/Presentation 13</td>
<td>- Haidt, Chapter 11</td>
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<td>12/17</td>
<td>Optional Final Exam</td>
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