SCHOOL OF HEALTH AND HUMAN SCIENCES (HHS)
School of HHS Departments

- Communication Sciences and Disorders (CSD)
- Community and Therapeutic Recreation (CTR)
- Human Development and Family Studies (HDF)
- Kinesiology (KIN)
- Nutrition (NTR)
- Peace and Conflict Studies (PCS)
- Public Health Education (HEA)
- Social Work (SWK)

- Pre-Health Studies and Sciences (NOTE: This is NOT a major! Students with this declaration will be advised in the HHS Advising and Personal Development Center.)
Why are you in college?

What do you want to accomplish?

What do you want to do with your life?
“Our job in this lifetime is not to fit into some mold that others have determined is best for us. Our job is to find out who we already are – and become it.”

Steven Pressfield
HHS Student Success Navigators/
Life Design Catalyst Coaches

Jennifer Clark
Megan Cayton
Zitty Nxumalo
Bill Johnson
THINGS TO KNOW…

• School of HHS Handout
  o Department Descriptions
  o GPA Admission Requirements
  o List of Concentration(s) within Department
  o (On back) List of Majors at UNCG
HHS ACADEMIC ADVISING

• Some HHS First-Year Students will be advised through their Major Department.
• Some HHS First-Year Students will be advised through HHS Advising and Personal Development Center.
• HHS First-Year Students taking HHS125 will be coached/advised by a combination of a Student Success Navigator/Life Design Catalyst Coach and advisors in the HHS Advising and Personal Development Center.

• You can look up your advisor in UNCGENIE by clicking on ‘Registration’ and then ‘Look Up Advisor.’
• Email askhhs@uncg.edu if you have any questions...
• Students will meet with advisors tomorrow morning in computer labs to schedule classes.
• Some students will have a few classes listed on their schedule already.
• Most of you will follow a typical Schedule for 2019 Fall Semester, which includes a combination of the following:
  • ENG101 (Basic Freshmen English course)
  • Science with lab (for most of you, BIO111/111L)
  • 1 or 2 General Education courses (Fine Arts, Literature, History, Social Science, Communication Studies, Philosophy/Religion/Ethics)
  • 1 or 2 courses in Major (if in a declared major)
  • HHS125 (the BEST course at UNCG)
• Note: If you have AP Credit or college credit already, make sure to let your advisor know when you meet about your schedule so you can adjust accordingly.
What is your purpose in life?

https://www.youtube.com/watch?v=mK66az43EOI

Now, imagine that you were in that video and asked to define your purpose in life – what would you say is YOUR purpose in life?
Why Be a Part of Life Design?

- 80% of college students don't know what to do in college.
- 75% of students change their major at least once.
- 78% of college students stated that finding meaning and purpose was important; only 16% said that making lots of money was important. (John Hopkins University)
- 76% of college students are on a search for meaning/purpose in life. (UCLA)
- 68% of college students considered a spiritual calling and sense of higher purpose critical to them when considering a career. (Gallup)
- 59% of college students graduate from 4-year college in 6 years.
- 31% of college students graduate from 2-year college in 3 years
- 40-50% of population will be potential independent workers (freelance, consultants, etc.) by 2020.
- 75% of population will be potential independent workers by 2030.
- 90% of population will be potential independent workers by 2040.
- 50% of occupations today will no longer exist by 2025.
- 85% of occupations today will no longer exist by 2030.
- 2.8 years in a job for people between ages 25 and 34 (4.2 years for all workers).
Life Design Catalyst Program Principles

Provides a content-based group coaching process ("Coaching to Know, Coaching to Grow"), designed specifically to engage in meaningful conversations AND to take action towards personal transformation.

Views the exploration of purpose ("Who am I meant to be?") mission ("What am I here to do?"), and vision ("Where do I want to go?") as the foundation for student/personal development and student/life success.

Engaged in a process where learning is focused on self-actualization (becoming the best version of yourself) and self-transcendence (utilizing the best of yourself for something bigger than yourself).

Guided by concept of self-expertise – that YOU are the expert on YOU.

Empowers students to take control of their lives through self-directed learning and self-designed experiences.

Subscribes to the belief that in every moment of the day you have an opportunity choose whether to move forward into growth (+1) or backward into safety (-1).

Promotes the development of the entrepreneurial spirit by: (1) becoming deeply engaged in and committed to personally rewarding purposeful, passionate goals; (2) being intentional and resilient in taking calculated risks to create value and generate meaningful results despite adversity and obstacles; and (3) using creativity and resourcefulness to design a better life and a better future for yourself and for others.
Life Design Catalyst Program
“SPARCK” Model
Story, Purpose, Aspirations, Reflection, Connection, Kick-Start

Through the exploration of purpose and meaning, The Life Design Catalyst Program incorporates a holistic view of the world and engages students in a process where they feel empowered, passionate, energetic, and committed to create a life they desire – a life that represents who they are and where they want to go. In turn, they fully invest their best selves – physically, mentally, emotionally, and spiritually – in creating meaningful work and developing a life of significance.

The Life Design Catalyst Program incorporates:
- Self-Actualization/Self-Transcendence
- Design Thinking
- Self-Mastery/Self-Expertise
- Life Design Catalyst Coaching
- Contemplative Practices
- Entrepreneurial Spirit

SPARCK Principles:
- Story: Who am I? Who do I want to be?
- Purpose: What am I here to do?
- Aspirations: Where do I want to go?
- Reflection: How am I doing?
- Connection: Who can I partner with?
- Kick-Start: What will I do NOW (or NEXT)?
Engaging in Meaningful Work consists of three parts:
- Sharing your greatest gifts and talents for something bigger than yourself.
- Recognizing that the work must be personally and profoundly meaningful to you.
- Understanding that the work has importance and significance to others.
The Tree of Contemplative Practices

www.contemplativemind.org
Life Design Catalyst Coaching Process
(As of May 24, 2018)

Coaching
- Assessing, Reflecting, Problem-Solving, Interactive, Listening, Supporting, Empowering, Champion, Encouraging

Main Components
- Create Meaningful Conversations
- Develop Significant Relationships
- Be Present, Adaptable, and Flexible

Guiding
- Designing, Expert, Mentoring, Counseling, Advising, Leading, Modeling, Informing, Guru, Teaching, Butt-Kicking

Coaching: To partner with people to tap into their full potential to help them move forward through the process of identifying and achieving specific personal or professional goals that will maximize their potential.

Guiding: To assist a person to travel through or reach a destination in an unfamiliar area by accompanying or giving directions to show points of interests and to explain their meaning or significance.
Life Design Catalyst Courses (for now...)

First Year

Fall Semester: HHS125: Design Your Life I – What Could I Do With My Life (1 credit)

Spring Semester: HHS135: Design Your Life II – Redesign a Life You’ll Love (1 credit)

Second Year

HHS250: Purpose-Driven Entrepreneurship (3 credits)
HHS275: Entrepreneurial Personal Branding (3 credits)
HHS125: Design Your Life I – What Could I Do With My Life?
(1 credit, meets 50 minutes once a week)

Better Character = Better People;
Better People = Better Students.

So, what do YOU want to do with your life?

Simple Rules for Success in Life:
1. Know Yourself
2. Serve Profoundly
3. Find Your Right Pond
Know Your Why: Michael Jr.

https://www.youtube.com/watch?v=LZe5y2D60YU
Find Your Why Questions...

- What am I here to contribute?
- What problem am I here to solve?
- What am I committed to create?
- What is my ultimate concern?
- What needs can I fulfill for others?
- What is the best way for me to serve others?
- What is my life’s task?
- What is/are the gift/gifts that I have been given to share with the world?
- What is the difference I can make?
- What is it that only I can do to help others?
- What was I put on this earth to do?
What’s your “verb?”

To __________.

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Use this Purpose Statement Template to quickly define your purpose – how you want to serve something bigger than yourself: I am here to _____ _____ so that _____.

Template

“I am here to ______________________________
(action verb: a verb describing what you do, i.e. help, serve, motivate, encourage, save, rescue, support)

_____________________________________________________________________

(whom: groups – people, children, students, animals, nature, etc. - you’d like to help)

so that _______________________________________________________________________________

(result: change, improve, and/or impact how others think/feel/do/act/believe).

• **Bill’s example**: I am here to empower students, faculty and staff in higher education AND people at a crossroads in life so that they can optimize their lives, actualize their potential, and find their path so that they become their best selves and serve others profoundly.

• **Megan’s example**: I am here to help others pursue excellence (HOPE) so that they find their true purpose and passion to live a healthy, happy, successful life.

• **Zitty example**: I am here to inspire, motivate, and connect the UNCG community to ourselves and others through transformative honesty and robust inner development so that the quality of our education, our work, our relationships, and our lives continues to joyfully expand!
My Life Story Poster
Major/Career/Calling Exploration Poster

Kinesiology
Pediatric Physical Therapy

Entrance Requirements
- Official high school transcripts
- Completed college-level courses in biology, chemistry, physics, and physics
- Completed college-level courses in English, history, and social sciences
- Completed college-level courses in mathematics

Interesting Courses
- Dance 110, African Dance
- History 215, The Civilizations of Asia

Employers
- Hospitals
- Clinics
- Home Healthcare Facilities
- Sports Medicine Facilities
- Rehabilitation Centers
- Disease Office (geriatrics)
- Schools
- Universities & Colleges

Starting Salary
- $47,000
- $68,000
- $72,100

Spring 2017
- KIN 220
- NUR 311
- NUR 211
- Sociology 215
- NUR 311
- NUR 311
- Sociology 105

Grad

Requirements
- Minimum of 120 credit hours
- Completion of all major requirements
- Approval of major program plan by the college's academic advisor
- Approval of major program plan by the college's academic advisor

Potential Careers
- Physical Therapist
- Orthopedic Therapist
- Sports Therapist

Public Human Development & Family Studies

Concentration
- Community Health Education
- Education

Requirements
- Completion of 120 credits
- Completion of all major requirements
- Approval of major program plan by the college's academic advisor
- Approval of major program plan by the college's academic advisor
Calling Connection Mind Map
Personal Charter Poster
Current State vs. Ideal State Poster
You, The Superhero
The purpose of life is to discover your gift.
The work of life is to develop it.
The meaning of life is to give your gift away.

-David Viscott
“A great life includes something worth living for, maybe even worth dying for. A portion of a great life would be devoted to something bigger, greater, grander than yourself. Something that inspires you, energizes you, pulls you forward. Something that responds to your unique talent or touch and, ultimately, makes a difference in the world around you. A great life would naturally bring more meaning, purpose, love, laughter, wonder, and adventure to your days. And, at the end of your journey you would look back on a life of significance, rather than regret – knowing in your heart that you left the world better than you found it. Knowing that you made a difference in the lives of others. Knowing that you got something wonderful out of it, and you gave something wonderful back. A great life, of course, is not something we experience, it’s something we create.”

Dan Zadra and Kobi Yamada
Useful Web Sites

School of HHS - https://www.uncg.edu/hhs/

HHS Advising and Personal Development Center web site: https://www.uncg.edu/hhs/advising-center/


For additional questions, email askhhs@uncg.edu
Thank you for attending the School of Health and Human Sciences’ Welcome Session.

If you have additional questions after you leave, contact us via e-mail at askhhs@uncg.edu or visit us in 228 Stone Building.