SLS3226 – The Art of “Adulting” in the Liberal Arts and Sciences
Fall 2021 – Tuesdays, 1:55-2:55 in Matherly 0118

Instructor  Email  Office Location & Hours
Ryan Braun  ryanbraun88@ufl.edu  Thursdays, 1-3 in either Farrior 1025, by appointment, or https://ufl.zoom.us/j/3903577877

Course Description
This course explores the process of coming of age as a young professional in today’s society. Human civilization has consistently created categorical distinctions between life stages, but what exactly determines “childhood” or “adulthood” has changed significantly. We will look at history, literature, popular culture, and media to investigate the concept of what it means to be an adult today. By the end of this class you will be able to:

• Articulate how concepts of “adulthood” have changed over time
• Identify the ways in which American adulthood is socially constructed
• Distinguish between various representations of markers of adulthood in media and society
• Utilize effective strategies for time management, career development, and financial responsibility
• Describe the civic responsibility of coming of age and its applications
• Articulate a coherent individual worldview

Course Materials
Readings will be provided either in hard-copy or PDF format by the instructor.

Course Assignments
• Autobiography – 40%
• Financial Plan – 20%
• Worldview Statement – 15%
• Informational Interview Report – 15%
• Participation – 10%

**Media Options for Autobiography Chapters**

• Written paper, 3 double-spaced pages
• PowerPoint Presentation, 6-8 Slides
• Voice or Video Recording, 5-7 Minutes
• Comic Strip, 8-10 Panels
• You may choose the same medium no more than twice

**Attendance**

This class meets once a week via and requires fruitful engagement, so attendance is mandatory. However, life happens. Everyone will be granted one “no questions asked” absence during the semester. Use it wisely. After that, each missed class will decrease your final grade 1/3 of a letter grade (so an A- becomes a B+, and so forth). If multiple absences become necessary, please speak to me. Absences for medical reasons or other extenuating circumstances will be excused with proper documentation.

**Lateness**

Adulthood, I’m fairly certain, involves punctuality, so lateness is unacceptable. You will be considered “late” if you arrive after the scheduled start time for the course. Two instances of lateness will be considered equivalent to an absence and impact your final grade accordingly. Adulthood, however, also involves communication, so let me know if extenuating circumstances will impact your timely attendance for class and we can make appropriate arrangements.

**Late Assignments**

The goal of this course is for you to develop skills, and that development is more important than deadlines or grades. However, submitting work by the posted deadline is crucial. Late work will be accepted up to ONE WEEK after the deadline but will automatically be assessed one full letter grade deduction. As always, please speak to me if extenuating circumstances impact your ability to submit your work in a timely fashion.

**Late Assignments**

There will be the option for remote access to this course for those who wish to attend virtually. Zoom information can be found on the course Canvas shell.
Safety Procedures

In response to COVID-19, the following practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to further the health and safety of ourselves, our neighbors, and our loved ones.

- If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: https://coronavirus.ufhealth.org/vaccinations/vaccine-availability/. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.

- You are expected to wear approved face coverings at all times during class and within buildings even if you are vaccinated. Please continue to follow healthy habits, including best practices like frequent hand washing. Following these practices is our responsibility as Gators.
  - Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
  - Hand sanitizing stations will be located in every classroom.

- If you sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the UF Health Screen, Test & Protect website for more information.
  - Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.
  - If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.

- Continue to regularly visit coronavirus.UFHealth.org and coronavirus.ufl.edu for up-to-date information about COVID-19 and vaccination.
Notes for Students with Disabilities

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Grading Policies and Grade Points

Please refer to the UF Catalog for information on grading and GPA: https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/

Course Evaluations

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at http://evaluations.ufl.edu. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at https://evaluations.ufl.edu/results/

Course Schedule

Part 1: “Adult” as a Noun

August 24: Introduction, Overview, and Orientation to Class

• Welcome to class
• What is this course about?
• What does it mean to be an adult?
• What does it mean to be an adult now?

Assignment:

• Read “When Are you Really an Adult?” by Julie Beck

August 31: Defining Adulthood

• Discuss Beck reading
• Social Construction of Adulthood
• Signifiers and Markers

Assignment:

• Read “The Tangled Transition to Adulthood” by Steven Mintz
September 7: History of Adulthood
- Discuss Mintz Reading
- Changing Nature of Adulthood
- Ambition, Vocation, and Adulthood
- Discuss Autobiography, Chapter 1

Assignment:
- Read “Getting Control of Your Life” By David Allen

Part 2: “Adult” as a Verb

September 14: Time Management and Productivity
- **DUE:** Autobiography, Chapter 1
- Discuss Allen Reading
- Five Steps
- Eisenhower Matrix
- “2-Minute Rule”

Assignment:
- Read “Do Less, Then Obsess” by Morten T. Hansen

September 21: Priorities, Balance, and Focus
- Discuss Hansen Reading
- Quantity/Quality
- Simplicity and Productivity
- Time management in a remote world
- Chaos and Order

Assignment:
- Read “Workism is Making Americans Miserable” by Derek Thompson

September 28: The Dark Side of Productivity
- Workoholism, hustle culture, and #riseandgrind
- Productivity in a remote world
- What is “self-care” anyway?
- Conditions of “Enoughness”
Assignment:
- No reading, complete Chapter 2 of Autobiography
- Identify your Informational Interview subject!

Part 3: “Adult” as a Process

October 5: Career, Part 1
- **DUE:** Autobiography, Chapter 2
- Beyond the “basics
- Navigating the job offers
- Introduction to negotiation

October 12: Career, Part 2
- Negotiation practice
- The nuts and bolts of a paycheck
- Taxes?

Assignment:
- Read “Taking Stock of Your Financial Life” by Beth Kobliner
- Keep a “spending journal” for the next week!

October 19: Money, Part 1
- The Monk and the Minister
- Money and Values
- Personal Finance Basics

Assignment:
- Financial Plan assignment
- No reading—work on Financial Plan

October 26: Money, Part 2
- Investments
- Loans
- Retirement stuff
Assignment:
• No reading—work on Financial Plan

November 2: Money, Part 3
• Discussions, questions, and clarifications

November 9: The Hero’s Journey
• **DUE:** Financial Plan
• Hero’s Journey Video
• Separation, Liminality, Initiation, Return

Assignment:
• Read excerpt from “Meno” by Plato

Part 4: “Adult” as a Responsibility

November 16: Wisdom, True Opinion, and Virtue
• Discuss Meno
• Navigating the Journey

November 23: NO CLASS: Thanksgiving
• **DUE:** Autobiography, Chapter 3
• Have a wonderful holiday

Assignment:
• Take “Political Compass” Quiz (Link on Canvas)

November 30: Civic Participation
• Cultivating a worldview
• Spectra over binaries

Assignment:
• Worldview Statement

December 7: Wrap-up
• **DUE:** Worldview Statement
• **DUE:** Informational Interview Report
• Share wisdom from interviews
• Wrap-up—This is Water
• Complete Autobiography **Due Tuesday, December 14, by 11:59pm**