

## CED2455 – Integrate: How to Merge Your Dreams with Your Day Job



**SAULT  
COLLEGE**

## **COURSE OUTLINE**

**INSTRUCTIONAL HOURS: 1.5**

**RECOMMENDED PRE-REQUISITE(S): N/A**

**CO-REQUISITES: N/A**

**APPROVED FOR USE IN ACADEMIC SEMESTERS: 2013-2014**

### **COURSE DESCRIPTION:**

Many times, motivational speakers will encourage you to go after your dreams at any cost. But can you not have a foot in both worlds? Can you live your dreams without sacrificing, suffering, and going without? It doesn't have to be all or nothing. The journey doesn't have to be painful and uncertain. Instead of a big leap, it can be a simple step over into the life of your dreams. Integrating what you want with what you have is the way to merge your vision or wish with the current world you're in, and be fulfilled as a result.

### **RATIONALE:**

This course is designed to help participants continue to be inspired and passionate about their daily lives without feeling dissatisfied about unfulfilled goals or dreams they may have. It looks at strategies for personal fulfillment by finding ways to integrate interests, hobbies, goals, or dreams with daily life so that a person is more likely to be inspired by the life they are living and eager to embrace and invite more into their lives.

### **COURSE DELIVERY:**

The course content will be presented primarily through small group-based discussions between participants that are facilitated by the instructor. Paired discussions, entire group debriefs and sharing, some writing and reflection, and some lecture or coaching from the instructor will be delivered. Participants will be encouraged to continue their work on personal development strategies and exercises begun in class through independent study after the course is completed.

### **LEARNING OBJECTIVES/OUTCOMES:**

Upon successful completion of this course, the student will be able to:

- Articulate what it is they wish to do more of
- Begin to examine how and where in their life they can incorporate this love or interest
- Define the result of not incorporating the dream into their daily routine
- Examine and articulate the challenges they are facing in integrating their interests with their current life experience
- Strategize next steps on continuing to incorporate a long-held interest or desire with their other competing responsibilities

### **TOPICS**

- Defining the dream or purpose we may have for ourselves
- "What gets in the way?" – identifying barriers between what we want for ourselves and what we currently have and what we are experiencing as a result of this
- Strategies for making a commitment to ourselves and thus making time for the dream we hold

- Leaving the past behind – and all that entails, and embracing the new
- Finding others who will help to get you where you need to be when they are needed to do so

**REQUIRED COURSE MATERIAL:**

Hand-outs for participants in the course will be provided to the learner.

**STUDENT EVALUATION**

The student's progress will be recorded using the following grades.

**S** - Satisfactory achievement in field /clinical placement or non-graded subject area.

**U** - Unsatisfactory achievement in field/clinical placement or non-graded subject area

**Teaching Contact**

Susan Hunter

[Susan.hunter@saultcollege.ca](mailto:Susan.hunter@saultcollege.ca)

**Academic Manager Signature**

"Ted Newbery"

NOTICE TO ALL  
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.