Example assignment from UF 100 Work/Life Equation

Students are reading Daniel Pink’s book, A Whole New Mind. After reading the chapter 6 on “Symphony” students conduct an inquiry into a topic that is connected to an interest or something they have thought about doing that is not directly connected to work. The assignment is explained as follows:

This semester we have emphasized to a large extent the work portion of the Work/Life Equation. Following the structure provided in this assignment, we now want you to further explore the life side of the equation-- a hobby you have an interest in, a sport you have always wanted to start, a community organization you have thought about joining, and so on. Think of an activity NOT directly related to work, but something that you believe would be enriching, entertaining, enjoyable, relaxing, or leisurely to you.

Start with a word or topic that is connected to your interest and conduct an Internet search for it. [Write down your search term.] Choose a page on the search results and follow one of the links [What link did you follow?] Read through the second page and then follow another link [again, record the link you followed and where it takes you]. Follow 6 links.

When you have finished, write a 250-500 word (approximately) reflection about what you encountered that you otherwise might not have found. What connections did you find connections between seemingly unconnected ideas (describe them)? What did you learn about your interest area that you might not have known? What considerations did you make as you went through the process of finding and following links?

The following is an example of one student’s “following the links” to explore her interest in dance toward a possible career.

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All throughout this semester I have been trying to figure out what job or career might be best for me. I always knew that the time would come when I would need to choose my career in order to be on the right path for college, but I avoided the topic as much as possible. The thought of making a decision that would affect the rest of my life is daunting and I tend to push away all complicated decisions in my life to the very last possible moment. This class has actually jump started my process into making that decision. Each assignment I have done this semester has helped me narrow down my ideas for my career. I finally decided that whatever career I choose, I want dance to be a part of it. This is what led me to choose the search term: dance.

The first link I clicked on was: “Dance Careers” which led me to my second link: “How to become a Dance/Movement Therapist.” This immediately sparked my interest because I have considered doing something in the therapy field. You need a master’s degree with two years of graduate level education post a bachelor’s degree and to
become a Dance/Movement Therapist there are only five schools that have approved programs by the American Dance Therapy Association (ADTA). One of those schools was Columbia College, Chicago; I found this interesting because I had looked into going to that school during high school. I realize that is not an option now but the closest school, out of the five, to Idaho with the approved ADTA programs is in Colorado and transferring to that school could be an option for my future.

For my third link I clicked on the ADTA website to learn more about it. From there I clicked on the ADTA Standards for Graduate Dance/Movement Therapy Programs. It was a Word Document so there was a lot of insightful information but ultimately, I had to go back to the ADTA website and click on my fifth link: “About Dance/Movement Therapy. This link led me to my final link: “Profiles of Dance/Movement Therapists.” I found this page to be really interesting because when reading through each of the Therapists’ profiles I found that they all were doing great things with this career by helping people of all ages, through dance, by connecting their body and mind.

After all of this research, I realized that if I choose this as my career it could be a great balance of life and work for me. I feel this way because dance is such a huge part of my life and if I could integrate that into my work while helping other people love life, with the use of dance, which is ultimately my ideal goal in life.