

# FOCUS AREA (FA)

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## **FA 199 | CAREER ASSESSMENT AND PLANNING | 2 quarter hours (Undergraduate)**

In this course, students use structured analysis and reflection, research and planning to create a professional development portfolio. Students learn strategies for reflecting, assessing strengths and growth opportunities, identifying support systems and agents, practicing smart goal setting, and attaining goals. Opportunities to return to this portfolio will be built into the major courses for purposes of ongoing assessment, reflection and planning.

## **FA 238 | ENGAGING RESILIENCE IN ADULT LIFE | 2 quarter hours (Undergraduate)**

Building & Engaging Resilience (in Adult Life) (4 credit hours) (Fac: Matamonasa): An ancient proverb reads: "Fall down seven times. Stand up eight." But how? What's involved in such flexibility, adaptability, tenacity, hardiness and resilience? What understandings, values and skills help? How does one develop these and nurture them across an adult lifetime? Through this seminar, participants will explore various concepts, models and "best practices" for growing, rebounding and selfguarding one's resilience given the challenges and uncertainties of adult life. (Questions? Contact instructor at [amatamo1@depaul.edu](mailto:amatamo1@depaul.edu).)