



Course Title: Your Next Life Chapter: A Design Thinking & Behavioral Science Based Approach

Course Code: WELL 11

Instructor Name and Bio: Raj Bhargava

Raj Bhargava teaches behavioral science and design thinking at Stanford. As a 2015 Fellow of the Stanford Distinguished Careers Institute, he studied design thinking, leadership, and preventive healthcare. He was a cofounder and board member of Jaspersoft, which was acquired by TIBCO. Earlier, he was a senior vice president at Agile Software, which was acquired by Oracle, and the CEO of Trade Inc.

Class Sessions and Recording

Meeting days and times: Mondays, 5:30 PM - 8:00 PM PT

Meeting location: Zoom

The class sessions will not be recorded.

Course Features:

- Live session
 - Lecture, discussions, and Q&A
 - Requires interaction and active participation
- Assignments & Coursework
 - Assignments and course materials posted in Canvas
 - Required discussions in Canvas
 - Students will give presentations (recorded or live)
 - Students will work on a group assignment

Course Summary

Typically, students from all life stages and backgrounds attend this course. Students range in age from 20s to 80s. They have diverse backgrounds, e.g., Mom, CEO, musician, healthcare professional, yoga teacher, therapist, etc. Students join from across the US and internationally, e.g., Australia, China, Philippines, Mexico, etc.

**Please see course page for full description and additional details.*

Grade Options and Requirements

- No Grade Requested (NGR)
 - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided. To get the most learning, students are encouraged to attend all class sessions and complete all homework.
- Credit/No Credit (CR/NC)
 - Students must attend all class sessions and complete all homework.

**Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Each Student Will Be Assigned One of the Following Required Books After Registering:

- Man's Search for Meaning by Viktor Frankl
- Mindset by Carol Dweck
- Daring Greatly by Brene Brown
- Atomic Habits by James Clear
- Rewire Your Anxious Brain by Catherine Pittman & Elizabeth Karle

Students will need to purchase the book assigned to them.

First Assignment

Students will be assigned two hours of homework each week. Before the course begins, students will need to complete a three-hour reading and writing assignment.

Tentative Weekly Outline

Day 1: Self-awareness

- Create belonging during introductions.
- Develop self-awareness.
- Discuss behavioral science topics.

Day 2: Purpose

- Develop draft purpose plan, and identify your assets and barriers
- For homework, create purpose plan.
- Discuss behavioral science topics.

Day 3: Resilience

- Select behavioral science strategies most relevant to you.

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- Create resilience strategies and develop innovative solutions.
- For homework, define next life chapter plan.

Day 4: Next Life Chapter Plan

- Reflect on next life chapter plan with your peers.
- Define actions to launch your next chapter.
- Finalize next chapter plan.