Course Title: Compass Journey: A Personal Career and Life-Strategizing Course

Course Code: PDV 58

Instructor: Kathleen Sexton

Course Summary:
Compass Journey is designed to help you:
• Clarify your hopes and dreams
• Assess your needs
• Set goals to achieve what you desire
• Discover new information about yourself
• Create an action plan to make your vision a reality
We use the Compass Visual Workbook as a basis for the course.

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

Grade Options and Requirements:
• No Grade Requested (NGR)
  o This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
• Credit/No Credit (CR/NC)
  o Score will be determined by student attendance and participation.

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

<table>
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<tr>
<th>Class Date</th>
<th>Topics</th>
<th>Homework</th>
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| **Week 1** | • Course Overview  
• Holistic View of Self  
• Focus Question (T1)  
• Amoeba Introductions | • Template 1 & 2  
• Self Introduction on Canvas site |
| **Week 2** | • Discuss/share T1 & T2 in small groups  
• Dealing with Change | • Template 3  
• MBTI |
| **Week 3** | • Time Spent & Changing Habits  
• Building on Your Strengths  
• Strengths Interview | • Template 4  
• MBTI |
| **Week 4** | • Myers Briggs Type Indicator (MBTI) & Planning Your Future  
• Applying Type to Life Examples  
• Creating a Vision | • Template 5: Bring forward info from T1 - T4 |
| **Week 5** | • Create Vision Board  
• Bring to class: Magazines, scissors, snacks | • Complete Template 5  
• Start Template 6 |
| **Week 6** | • Gallery Walk and Debrief on Vision Board Experience  
• Debrief Homework (T5 & T6) in small groups  
• Career Exploration  
• Retirement Planning | • Complete Template 6 |
| **Week 7** | • Decision Making  
• Inner Critic  
• MBTI Revisited & Applications | • Template #7 with revised instructions |
| **Week 8** | • Revisit Focus Q  
• Debrief Homework (T7)  
• A Day in the Life Exercise  
• Law of Attraction Module  
• Course Wrap Up | • Course evaluation |

Please contact the Stanford Continuing Studies office with any questions  
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