LIVING ON PURPOSE:
AN EXPLORATION OF SELF, PURPOSE, AND COMMUNITY

Blended

COURSE DESCRIPTION

Exploring our purpose in life means asking and answering the essential question, “What makes me want to get out of bed in the morning?” Purpose is that deepest belief within us where we have a strong sense of who we are, where we came from, and where we’re going. It is the ability to know yourself, know what you know, to reflect on it, and base your judgments, choices and actions on it.

Living on Purpose is a course designed to help students explore questions of meaning and purpose in college and in their lives. In this class, students will examine the context and meaning of their own lives, explore other peoples’ ways of living on purpose, and consider the big questions that shape their present and future. Through three, in-person classes, readings, videos, reflections, experiential exercises, and assignments, the course will offer students time to examine and perhaps define their own purpose and what it means to live more purposefully at this time in their lives. Ultimately, the course aims to help build a framework to support living on purpose now and into the future.

COURSE OBJECTIVES

At the end of the course, students will be able to:

• Identify the central dimensions of a purposeful life, and articulate a personal sense of what makes life meaningful
• Identify key strengths, values, passions, and influences that contribute to their sense of purpose
• Identify personal obstacles and areas of growth to living a more purposeful life
• Articulate the role of community within their understanding of personal purpose

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