

GS 365W -- QUEST FOR WHOLENESS: 2005-2006 Tutorial : FALL SEMESTER SYLLABUS

(2 s.h. credit given in Fall; 2 s.h. credit given in Spring)

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OVERVIEW OF ENTIRE COURSE

This two-semester mentorship meets once a week to create a space where learning and life can be integrated from the perspective of the humanities. The work of the year concentrates on developing **wise and effective habits of character**. Intensely practical, Quest touches all seven domains of life: personal, interpersonal, familial, institutional, cultural, planetary and the encompassing sphere of mystery. Prerequisites: Junior/Senior status, minimum 3.0 GPA, strong commitment to the endeavor, interview with and acceptance by the professor. In entering GS 365W -- QUEST FOR WHOLENESS, students become part of a "Questers Group." The group meets each WEDNESDAY from 3:10 - 4:50 p.m. during the Fall and Spring semesters.

The purpose of Quest is "**to come to life more fully so as to serve life more wisely and more nobly**". At the heart of Quest is learning and practicing HABITS OF CHARACTER that will give us the capacity to act wisely and effectively in the many spheres of life. Quest is about a type of living that engages more than the mind alone -- a type of living which brings our learning into our body, into our bones, through a **year of guided practice**.

	Fall Semester	Spring Semester
Approach:	Personal Development from a Western Perspective	Personal Development from an Eastern Perspective
Primary Guide:	Stephen Covey's <u>Seven Habit of Highly Effective People</u>	John Sullivan's <u>Living Large: Transformative Work at the Intersection of Ethics and Spirituality</u>
Theme:	<u>Life in College Revisited</u> harvesting what college has been, is now, and can be for us.	<u>Life After College Anticipated</u> looking forward to the emerging shape of personal and professional life
Practice Model	<u>Covey's 7 Habits</u>	<u>Our 5 Powers for Partnership</u>

GS 365W: QUEST FOR WHOLENESS: SYLLABUS FOR FALL SEMESTER 2005

Theme: College Revisited; Practice: Covey's Seven Habits

Group Leaders: John and Gregg Sullivan

Design for the Fall:

In the Fall semester of the Quest for Wholeness, we regard **college as a rite of passage** taking us from Dependence through Independence for the sake of Interdependence.

In mythical terms, the youth-to-adult transition involves a journey of discovery -- a time to find one's gift, to discover one's service, to take one's place in the world.

In more pragmatic terms, the youth-to-adult transition involves going from (a) **reactive dependence** to (b) **proactive independence** for the sake of living (c) **a committed life of interdependence**.

For Covey, **effective habits of character** involve the intersection of three factors: (a) **knowledge** [WHAT to do], (b) **skill** [HOW to do] and (c) **desire** [WANT to do]. Covey outlines a sequence of seven habits of effective and ethically sensitive living.

- 1) Be Proactive: Principles of Personal Vision;
- 2) Begin with the End in Mind: [develop a personal mission]-- Principles of Personal Leadership;
- 3) Put First Things First: [Learn to manage time] -- Principles of Personal Management;
- 4) Think Win/Win: Principles of Interpersonal Leadership;
- 5) Seek First to Understand, Then to Be Understood: Principles of Empathic Communication; and
- 6) Synergize: Principles of Creative Cooperation [or better, I would say, Creative Collaboration].
- 7) Sharpening the Saw: Principles of Balanced Self-Renewal

In the Fall semester we shall revisit the total college experience and tend to some unfinished business. The ongoing college experience -- the NOW of this semester -- is our key practice arena.

Required Reading for the Fall:

Thich Nhat Hanh, **Peace is Every Step: The Path of Mindfulness in Everyday Life** (New York: Bantam Books, 1991) -- for daily mindfulness reading
Stephen Covey, **The Seven Habits of Highly Effective People** (New York: Simon & Schuster, 1989)
Rosamund Stone Zander and Benjamin Zander, **The Art of Possibility** (Boston: Harvard Business School Press, 2000) -- to enrich the Covey material.
Additional weekly assignment sheets and handouts.

Educational Goals for the Fall:

The primary goal of this mentorship is PRACTICE. By "PRACTICE," we mean **a process of whereby we learn to recognize when we are in small mind and gain the ability to shift to larger mind**. This involves a process whereby we

- (a) **bring our Observing Self present** --- so we can **observe [WHAT is happening]** plus **HOW we are interpreting + responding to** [what is happening];
- (b) **notice** how easily we become trapped in surface, reactive, disempowering conversations;
- (c) **learn to choose a different response** ("being proactive") in such a way that we reduce unnecessary suffering & enhance possibility for our common life.

The entire Quest for Wholeness is a PRACTICE in "coming to life more fully," not simply for ourselves but for all who are given to our care in the circles of friendship, family, work, culture and planet. The mode of the mentorship emphasizes both independent and interdependent learning.

Course Objectives:

At the close of this semester, students will have the ability

- a) to explain the basic distinctions required for practice,
- b) to come to know college as a rite of passage,
- c) to put into practice Covey's seven habits -- to varying degrees -- on a daily basis and
- d) to experience themselves as practitioners -- as healing presences such that where they are there will be less unnecessary suffering and more creative possibility for our common life.

Assignments and Assessment:

- a) Essay Journal ---- two reflective essays per week ----- worth 45% of grade.
- b) Practice Log -- daily entries on PRACTICE, the heart of QUEST ----- worth 45% of grade.
- c) Group Presentation ----- worth 10% of grade.

Both the Journal and Practice Log will be self-assessed and instructor assessed. Thus, the course offers transformation through reflective essays, daily practice, participation in the weekly group meeting, and a sense -- evident to you and others -- that you are embodying the aim of Quest. Here are the **CRITERIA OF GOOD QUEST PRACTICE**:

1. **Reflective essays** which show insight into the material.
2. **FAITHFUL, DAILY, FOCUSED PRACTICE** -- each day you practice the skill or habit assigned for that week and record each day what you learned in so doing. AVOID DIARY ENTRIES --i.e. entries which simply report what went on and how you feel. Instead, **your practice log should show clearly the HABIT BEING PRACTICED AND THE RESULTS**. If you remain focused, insights pertinent to PRACTICE will occur.
These insights are what need to be reported and learned from.
3. **Active participation** in the weekly meetings **and sharing of insights which benefit the group**. Your practice is for your sake and the sake of others.
4. **A sense** -- evident to you and to others -- **that you are** indeed **embodying the aims of Quest**: *to come to life more fully so as to serve life more wisely and more nobly..*

"A" level work denotes INSIGHTFUL PRACTICE to an excellent degree --
i.e., each of the four criteria is fulfilled to a high degree.

"B" level work denotes INSIGHTFUL PRACTICE to a substantial degree yet with greater lapses in practice and in recognizing and sharing insights than for A-level work.

"C" level work denotes adequate progress yet also points to the fact that practice although done and profited from, was not done with the intentionality and consistency desired.

Work of the Fall in Detail:

A) **Journal**: Two essays each Week --- worth 45 % of the grade --- **essays to be handed in each week**.

- (a) For the journal, use a three-ring binder and three-holed 8 1/2 X 11 inch paper. If you do your essays on computer, use 8 1/2 X 11 paper and invest in a 3-hole punch to put essays in binder.
- (b) Two thought questions will be assigned each week. These will deal with personal reflection and application. Each of the two essays should be minimum 2 typed pages in length. Creativity is encouraged. If on a particular week something in your life demands sorting out and you wish to write **one** of the essays on that, feel free to do so. Let me know you are using a "Wild Card" entry.
- (c) Assignment sheets will be given out each week, setting forth: (i) the Covey and meditative reading, (ii) the essay questions and (iii) the skill to be practiced that week. Keep assignment sheets in your journal.
- (d) The journal work (and the practice log) will be self-assessed and instructor assessed.

B) **Practice Log**: Daily Practice -- worth 45 % of grade -- practice log pages to be handed in each week.

A small daily log is needed. Such a log should be have pages that can be removed as with the larger 3-ring binders. **Each class meeting you will be asked to hand in your daily practice entries for that week**. The notion of "practice" is absolutely the heart of Quest. Attention will be given to how the daily practice is going and what is being learned at each class meeting

Your practice log is NOT a DIARY. Avoid diary-like entries! Emphasis is not primarily with WHAT happened but with HOW you RELATED to what happened. You are becoming a practitioner. You need to be observant of inner and outer weather. In your daily practice entry,

A.. Write **one sentence** commenting on one of Thich Nhat Hanh's chapters in Peace is Every Step.

B. Make an entry of **c. four sentences** regarding your PRACTICE OF THE WEEK. Sample entry:

Today I intentionally took on such and such a practice.
I intervened in such a way in such and such a situation.
This is what I observed in myself. This is what I observed in others.

Here is an alternate formulation for effective reporting of practice:

In the presence of this person or situation, I noticed this **interpretation/ story** coming up and/or this **emotional charge**.
I noticed that this way of relating **was or was not** causing surplus suffering.
If O.K., did you affirm it? If not O.K., did you shift your way of relating?
When you shifted, what happened -- in the other and in the partnership?

In summary, **each day, write in your log a sentence related to your TNH reading and short report on your experience practicing the Covey Habit of the Week.**

Your practice work is meant to anchor practice and harvest insights from practice. PUT THE HABIT OF THE WEEK ON YOUR BATHROOM MIRROR OR SOMEWHERE ELSE WHERE IT WILL BE A WAKE-UP CALL. **Intentionally practice the habit. AVOID DIARY ENTRIES.**

One powerful way to think of daily practice is the **TEN-MINUTES-A-DAY Ritual**:

In the **morning**: **FIVE MINUTES** to greet the day with a mindfulness reading and a declaration of intention.
At **noon**: **ONE MINUTE** to give thanks and reaffirm your PRACTICE.
At **night**: **FOUR MINUTES** to do the mindfulness reading if you did not do this in the morning and make a practice log entry. In your practice log, **one sentence from mindfulness reading + c. four sentences** noting one instance where you were consciously in practice this day. What did you shift -- e.g. your language, listening, etc.? What was the result? What did you learn? What difference did your practice make?

BRING JOURNAL AND PRACTICE LOG TO EACH GROUP MEETING.

Weekly questions: **Are you practicing consistently? Are you practicing insightfully? Are you able to turn what you learn from practice (positive or negative) into teaching stories for yourself and others?**

C) **One Group Presentation**: ----- worth 10 % of the grade.

Small groups will be assigned to make a presentation on their understanding of one of Covey's Habits. When we are ready to begin presentations, John and Gregg will introduce a habit to be practiced one week; a group will present on that habit the next week. (Habits 1-6 will be covered in this fashion.)

Attendance, preparation and participation are absolutely crucial to the success of the group. Your presence counts in establishing the trust level of the group and your insights count in forwarding the learning of the group. **Should you need to be absent, please call or email Dr. Sullivan as soon as possible before or after a session.** Please drop off previous week's work at the Philosophy House and pick up essay/practice sheet for the next week ASAP. You may also request new weekly sheet by email.

KEEP UP YOUR DAILY PRACTICE!

May our time together help us **"COME TO LIFE MORE FULLY SO AS TO SERVE LIFE MORE WISELY AND MORE NOBLY"**