Title: Wayfinding Your Purpose, 2 Units

Facilitator: Sarah Chen

Schedule: Tuesdays 5:00pm – 7:00pm

Course Description:

“GO FIND YOUR PURPOSE…”

This is an often quoted phrase that is told to young people as you grow up. “Go find your purpose,” as if this is a singular target at the end of a yellow brick road. As if, if you just try hard enough or search long enough you will stumble onto your purpose. But social science research and lived experience of “purpose exemplars” demonstrate that finding one’s purpose is neither a linear path, nor a simple equation. In real life, seeking out a sense of purpose starts in small bite-sized chunks. It starts with a desire to find a deeper sense of meaning and purpose in one’s life. But even with the right motivation it is not always clear how to go on the path towards exploring one’s sense of purpose.

In this class, we will explore the social science of purpose development and use a curriculum called the Wayfinder Navigation Toolkit that has been designed in order to help students embark on a path of purpose. Developed at the Stanford Design School and now an independent curriculum, Project Wayfinder’s Navigation Toolkit is a 20-piece curriculum that helps facilitate students on their own journey of purpose. During the course of the semester, the class will cover 5 of the 20 parts of the Wayfinder curriculum.

The class will be structured to meet for 2-hour periods. Each section will roughly be divided in half between completing a Wayfinder curriculum piece and discussing the week’s readings and the activity completed in the first part of class. The readings for class will draw from the latest research on purpose development in adolescence, journal articles covering the topic of living a meaningful life, and the studies of wayfinding cultures that used physical navigation to find their way around the world.

A large part of the class will be experiential and there will be class outings to local parks in the East Bay for some sections and guided meditation and active journaling at home. Students who choose to take this class should be interested in diving into their own sense of purpose and want to examine what kind of life they want to live.