

UGBA 157 Berkeley Changemaker: Living with Agency.

Times: 10:00 am - 12:00 pm; Wednesdays

Course # 20347

Instructor: Laura Hassner

2 units

Prerequisites: None

In this class, you will **strengthen your sense of agency over your own life**—defined as a new way of conceptualizing how to **construct your purpose** with the **flexibility to adapt** to changing circumstances. You will sharpen your focus on **changemaking ethically**, acting with sensitivity and compassion. You will learn how to plan for and **overcome setbacks, practice negotiating & having challenging conversations, manage impostor syndrome, expand your professional network** and **build courage** in your changemaking. You will **build confidence and expertise in oral and written communication**, practicing your skills in self-presentation and self-reflection. You will better understand how to **communicate with empathy** and be a storyteller who ‘paints pictures’ that **inspire others**. You will leave as a more effective collaborator whose **equity-sensitive leadership** brings out the best in your teammates. And, you'll learn from outstanding **special guests**, too.



Student Reviews:

"If you are looking to make positive change in your life, this class presents an **excellent toolkit** for approaching life with agency...I feel **better prepared** for my remaining time at Berkeley as well as my experiences to come."

"**Best course I've taken. Ever.**"

"The **best professor** I have ever had. She is **committed and passionate**, and she shows that every day at class."

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For questions or syllabus, please email changemaker@berkeley.edu