

Feeling stressed, anxious or overwhelmed?

Confused by or frustrated in some of your relationships?

Can't stop the mind chatter or get off the emotional rollercoaster?

Don't just settle - THRIVE!

1.3 unit class P/NP (optional)

LIVING

101

being happy & whole

Living 101 is a self-mastery course that teaches life skills and personal leadership concepts and tools. Steer your life confidently in the direction of your dreams! Strengthen self-esteem and authenticity, improve interpersonal and business communication, reduce fear and stress, and manage the ups and downs of life with more courage, confidence and inner peace, while making friends.

See reverse for student testimonials.

"This class is for sure one of the most valuable classes I've taken in college!"

A. Nguyen

Business Information Management, 2016

valerie sheppard



Valerie Sheppard is a lecturer in the UCI Paul Merage School of Business. She is a #1 best-selling author, certified Laughter Yoga instructor, and professional improv comedienne. Using her 4-Step Happy to Be ME!® process as a foundation, undergrads and graduate students are reducing stress, strengthening communication skills, getting clarity on their desires and life purpose, and feeling more courage and confidence, even in difficult situations.

For more information, visit her websites at HappytoBeME.net and HeartsAwakening.org

Register NOW!

Meets Wednesdays 11 a.m. - 1:50 p.m.
Social Science Trailer (SSTR) 103
Course Code: UNI AFF 1A, 86058

LIVING 101

being happy & whole

Testimonials

“Living 101 was an absolutely amazing class! At a school that is so academically focused, it was refreshing to spend time learning about myself and life skills that will serve my future just as much as the academics. The skills I have learned in this class are ones that I will carry with me for the rest of my life and consistently try to put into practice.

I can honestly say that I have been happier and less anxious since taking Living 101 and I truly believe that it should be a university requirement to take Professor Sheppard's motivating and inspirational class of life skills.

Self-awareness, self-acceptance, and self-love are crucial to being happy, especially for college students in their twenties. Being allowed to introspectively work on these things in a supportive group of amazing people made Living 101 one of the most valuable classes I have taken at UC Irvine.”

- A. Tarwater
English, 2018

“I think all persons of all ages should taking Living 101 because it is a wellrounded class that teaches a person about themselves. The course has made me a conscious person of who I am, my actions, and my words. In the past, I have always thought to put others before me but never thought to take care of myself. Now, I can honestly tell someone my thoughts and feelings without feeling like I will hurt the other party. I can put myself first for once. Living 101 is a great course because it is a teaching on our life. It opens up spirituality for everyone or anyone, it is not about religion but the focus of our true self with the Universe.

If you truly want to take care of yourself, this is a great class to take.”

- L. Lee
Psychology and Social Behavior, 2016

“Professor Sheppard's Living 101 class was the turning point of my life.

She combines her passion for self-awareness with her professional, down-to-earth manner to inspire and motivate students to truly become the best versions of themselves. She will bring focus to the areas of your life where you know you need to change and grow. Each week, her pivotal lessons will force you to dig deeper and make positive changes you desire. I can confidently say that she has blessed me both personally and professionally. I recommend this class to anyone who is ready to finally take control of their own lives and create the life they wanted. I will be enrolling again in her next course, and look forward to it. Take advantage!”

- J. Ahn
Business Economics, 2017

“This class and you are such a blessing to my life. It makes me so happy to see you delighting so much in teaching us! AMAZING!”

- J. Ji
Philosophy and Law, 2018

“I think everyone is on a journey into discovering his/her “true self”. For me, Professor Sheppard's Living 101 class has been a stimulating contribution to my personal research. I had the chance to take away many useful suggestions and tips that I can apply in everyday situations to understand and make the most of everything that happens to me, both good or bad. I was challenged with questions and doubts I never had the courage to ask myself. While it's easy to see the light when everything is bright, it is much more difficult to keep a positive attitude during the darkest time.

This class will help you foster the positivity that's already inside you. This reason alone is enough for me to say that 10/10 I would take it again.”

- L. Signoretti
Business Administration, 2016

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