



# Crosswalk of College & Career Success Learning Outcomes to CAS Standards



For more information about CAS Standards please visit [www.cas.edu](http://www.cas.edu).

The latest version of this document is available at [www.humanesources.com/cas](http://www.humanesources.com/cas). Details about learning outcomes and objectives are available within the College & Career Success Professional Guide

Student Outcome Domain	Dimensions of Outcome Domain	Learning Outcome and Objectives from <i>College &amp; Career Success</i> <sup>™</sup>
Knowledge acquisition, construction, integration and application	Understanding knowledge from a range of disciplines	7.1 Explore the concept of multi-sensory integration which involves using all the senses to learn including visual, audio, tactile, kinesthetic, olfactory, and gustatory strategies.
		7.2 Practice the SQ4R system for reading college material.
		7.3 Assess reading skills and make a plan for improvement.
		7.4 Practice techniques for improving reading speed and comprehension.
		7.6 Explore strategies for success in math.
	Connecting knowledge to other knowledge, ideas, and experiences	8.6 Review the use of preparation, organization, writing, editing, and revising (POWER writing) for college writing projects.
		8.7 Review strategies for public speaking.
		8.8 Reflect on how being selective and focusing on what is important can contribute to success in college and in life.
	Constructing knowledge	6.1 Explain how the memory works and why we forget.
		6.2 Practice memory techniques that can be used to remember college material.
		6.3 List at least 3 memory techniques and explain how they can be used to remember.
		6.5 Reflect on how positive thinking can be used to improve memory as well as success throughout life.
		8.1 Assess note taking skills and make a plan for improvement.
		8.2 Describe the importance of taking notes.
		8.3 List some good listening techniques.
		8.4 List and describe tips for taking good lecture notes.
		8.5 Practice using a note taking system.
		9.1 Assess test-taking skills and make a plan for improvement.
		9.2 Describe useful test taking strategies.
9.3 Describe techniques for dealing with test anxiety.		
9.4 List and explain 5 strategies for success on math exams.		
9.5 Practice test taking strategies for true-false, multiple choice, matching, sentence completion, and essay exams.		

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Knowledge acquisition, construction, integration and application <i>cont'd</i>	Relating knowledge to daily life	1.1 Explain the value of a college education and clarify reasons for attending.
		9.6 Reflect on the importance of preparation for success in college, careers, and life.
		6.4 Make a plan for keeping the brain healthy throughout life.
Cognitive complexity	Critical thinking	11.1 Describe the critical thinking process.
		11.2 Provide examples of fallacies in reasoning.
	Reflective thinking	14.5 Reflect on “You are what you think.”
		7.7 Reflect on how students create their own success.
	Effective reasoning	11.3 Apply critical thinking to problem scenarios.
	Creativity	11.5 Describe the creative thinking process
Intrapersonal development	Realistic self-appraisal, self-understanding, and self-respect	3.1 Explore multiple intelligences to identify personal strengths and list matching careers.
		3.3 Assess vocational interests and identify three highest interests.
		2.1 Assess their personality types, including strengths and weaknesses.
	Identity development	14.1 Describe current life stage based on the theories of Erik Erikson, Daniel Levinson and Gail Sheehy.
		2.5 Describe how personality type affects decision making, learning strategies, time management, and money management
	Commitment to ethics and integrity	11.4 Use Kolberg’s stages of moral reasoning to analyze a problem scenario.
	Spiritual awareness	3.8 Reflect on the importance of acting on one’s values.
Interpersonal competence	Meaningful relationships	10.5 Discuss ways to improve relationships.
	Interdependence	3.2 Explain the concept of emotional intelligence and how it is related to career and personal success.
	Collaboration	10.4 Discuss techniques for dealing with conflict and problem resolution.
		10.6 Discuss ways to deal with failure and mistakes.
	Effective leadership	3.6 List five most important values and explain how values are used in making important decisions.
		3.7 Practice the steps in making good decisions, including career decisions.

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Humanitarianism and civic engagement	Understanding and appreciation of cultural and human differences	13.1 Discuss the importance of appreciating diversity.
		13.2 Increase awareness of vocabulary used to understand diversity.
	Global perspective	13.3 Describe techniques for communicating across cultures.
		13.7 Explore the concepts of the global economy and the electronic village.
	Social responsibility	13.4 Increase awareness of the negative effects of discrimination based on various forms of diversity.
		13.6 Reflect on the value of respecting diversity and individual differences.
	Sense of civic responsibility	13.5 Examine the stages of ethical development.
Practical competence	Pursuing goals	5.1 Make a list of lifetime goals.
		5.2 Select time management strategies to accomplish lifetime goals.
		5.8 Reflect on how students can use priorities to manage time.
	Communicating effectively	10.1 Describe how personality type affects communication style.
		10.2 Practice effective communication techniques.
		10.3 List 3 ways to improve communication and listening skills.
	Technological competence	7.5 Explore e-learning strategies.
	Managing personal affairs	5.3 Select effective strategies for dealing with procrastination.
		5.4 Create an effective study schedule.
		5.5 Identify money management techniques that lead to financial security.
		5.6 List some ways to save money.
		5.7 Find resources to pay for education.
		4.8 Reflect on useful ideas for dealing with unexpected events and crisis situations.

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Practical competence cont'd	Managing career development	1.3 Summarize the steps for choosing a major and career.
		2.2 Describe student's personality types and list majors that match their type.
		2.4 Describe ideal work environment based on personality type.
		2.6 Describe other factors to consider in choosing a major such as earnings and and job outlook.
		2.7 Reflect on how finding your passion is an important part of career planning.
		4.1 Examine generational differences and how they affect the world of work.
		4.2 Increase awareness of career trends of the future and how they affect career choice.
		4.4 Research a career that matches personality type, interests, and values.
	4.7 Create an educational plan to achieve career goals.	
	Demonstrating professionalism	4.6 Explore the concept of social branding and how to use social media to find a job.
		4.3 Assess work skills needed for success in the 21st Century.
		4.5 Review the basics of job interviewing, writing a cover letter, and constructing a resume.
	Maintaining health and wellness	12.1 Use government guidelines to develop a plan for exercise and good nutrition.
		12.2 Increase awareness of the problems caused by addictions to smoking, alcohol, and drugs.
		12.3. Increase awareness about sexually transmitted diseases, including AIDS.
		12.4. Increase awareness of the problem of sexual assault and ways to avoid it.
		12.5 Explain the necessity of getting enough sleep.
		12.6 Discuss information about stress and practice relaxation techniques.
		12.8 Make a plan for health improvement.
	Living a purposeful and satisfying life	3.5 Write a paragraph about balancing work, study, leisure, and social life.
12.7 List the steps for making positive changes in life.		
12.8 Reflect on factors that affect longevity.		
14.2 Discuss strategies for positive thinking to increase personal success.		
14.4 Make a plan for future happiness.		