

1. Understanding Motivation

Students will examine various motivational strategies and apply them to their success in college, in their careers, and in their personal lives.

Students will:

1. Explain the value of a college education and clarify their reasons for attending.
2. Explain what they want from college.
3. Summarize the steps in choosing a major and career.
4. Increase understanding of motivational techniques and identify three techniques that they find useful.
5. Complete a behavior modification project related to college, career, or lifelong success.
6. Reflect on how mindset and grit are keys to success.

2. Exploring Your Personality and Major

Students will explore their personality types and related careers to decide on an appropriate major and career.

Students will:

1. Assess their personality types.
2. Describe their personality types and list majors that match their personal strengths.
3. Describe their ideal work environment based on personal preferences.
4. Describe how personality type affects decision making, learning strategies, time management and money management.
5. Describe other factors to consider in choosing a major, such as earnings and job outlook.
6. Reflect on how finding your passion is an important part of career planning.

3. Exploring Multiple Intelligences, Interests, and Values

Students will explore their multiple intelligences, interests and values to increase self-awareness and identify careers that match their personal characteristics.

Students will:

1. Assess their multiple intelligences.
2. Explore their multiple intelligences to identify their personal strengths and list careers that match these strengths.
3. Explain the concept of emotional intelligence and how it is related to career and personal success.
4. Assess their vocational interests and identify their three highest interests.
5. Research at least one career that matches their vocational interests.
6. Write a paragraph about balancing work, study, leisure and social life.
7. List their five most important values and explain how values are used in making important decisions.
8. Practice the steps in making good decisions, including career decisions.
9. Reflect on the importance of acting on one's values.

4. Planning Your Career and Education

Students will complete an educational plan to match their major and career goals and begin to develop job seeking skills.

Students will:

1. Increase awareness of career trends of the future and how they affect career choice.
2. Assess their work skills needed for success in the 21st century.
3. Research a career that matches their personality type, interests, skills, and values.
4. Review the basics of job interviewing, writing a cover letter, and constructing a resume.
5. Explore the concept of personal branding and how to use social media to find a job.
6. Create an educational plan to achieve their educational and career goals.
7. Reflect on useful ideas for dealing with unexpected events and crisis situations.

5. Managing Time and Money

Students will utilize time and money management strategies to accomplish their short- and long-term goals.

Students will:

1. Make a list of their lifetime goals.
2. List time management strategies to accomplish lifetime goals.
3. Examine their use of technology and how it affects time management and goal accomplishment.
4. Select effective strategies for dealing with procrastination.
5. Create an effective study schedule.
6. Identify money management techniques that lead to financial security.
7. List some ways to save money.
8. Find resources to pay for their education.
9. Reflect on how they can use priorities to manage their time.

6. Using Brain Science to Improve Memory

Students will practice research-based learning strategies to improve memory and learning.

Students will:

1. Explain how the memory works and why we forget.
2. Practice memory techniques that can be used to remember college material.
3. List at least three memory techniques and explain how they can be used to remember what they study.
4. Make a plan for keeping their brain healthy throughout life.
5. Practice relaxation techniques to enhance well-being and prepare for learning.
6. Reflect on how positive thinking can be used to improve memory as well as success throughout life.

7. Using Brain Science to Improve Study Skills

Students will practice research-based learning strategies to enhance study skills, improve reading and increase math success.

Students will:

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. Assess their learning and productivity preferences.
2. Practice the SQ4R (survey, question, read, recite, review, reflect) system for reading college material.
3. Assess their reading skills and make a plan for improvement.
4. Practice techniques for improving reading speed and comprehension.
5. Explore e-learning strategies.
6. Explore strategies for success in math.
7. Reflect on how students create their own success.

8. Taking Notes, Writing and Speaking

Students will practice strategies for effective note taking, writing and speaking in college and careers.

Students will:

1. Assess their note taking skills and make a plan for improvement.
2. Describe the importance of taking notes.
3. List some good listening techniques.
4. List and describe tips for taking good lecture notes.
5. Practice using a note taking system.
6. Review the use of preparation, organization, writing, editing and revising (POWER writing) for college writing projects.
7. Review strategies for effective public speaking.
8. Reflect on how being selective and focusing on what is most important can contribute to success in college and in life.

9. Test Taking

Students will practice strategies for test preparation, taking tests and coping with test anxiety.

Students will:

1. Assess their test-taking skills and make a plan for improvement.
2. Describe useful test preparation strategies.
3. Describe techniques for dealing with test anxiety.
4. List and explain 5 strategies for success on math exams.
5. Practice test taking strategies for true-false, multiple-choice, matching, sentence completion and essay exams.
6. Reflect on the importance of preparation for success in college, careers and life.

10. Communication and Relationships

Students will analyze their communication style based on their personality type and practice effective communication techniques which can be used to improve personal and professional relationships.

Students will:

1. Describe how their personality type affects their communication style.
2. Practice effective communication techniques.
3. List three ways to improve communication and listening skills.
4. Describe techniques for dealing with conflict and problem resolution.
5. Discuss ways to improve relationships.
6. Reflect on positive ways to deal with failure and mistakes.

11. Thinking Critically and Creatively

Students will identify fallacies in reasoning, increase awareness of the scientific method, describe cognitive biases, practice the steps in critical thinking, examine moral reasoning scenarios, and practice creative thinking techniques.

Students will:

1. Describe the critical thinking process.
2. Provide examples of fallacies in reasoning.
3. Apply critical thinking to problem scenarios.
4. Increase awareness of the scientific method.
5. Examine cognitive biases.
6. Use Kohlberg's stages of moral reasoning to analyze a problem scenario.
7. Describe the creative thinking process.
8. Apply creative thinking to generate new ideas and alternatives.
9. Reflect on the use of humor and relaxation in dealing with difficult situations.

12. Diversity and Current Social Issues

Students will increase their appreciation of diversity in college, on the job, and in their personal lives. They will apply critical thinking to current social issues relating to diversity.

Students will:

1. Reflect on the value of respecting individual differences and appreciating diversity in college, careers, and in their personal lives.
2. Increase awareness of the concept of privilege.
3. Apply critical thinking to current social issues, including social inequality, income, and wealth; equality for women; Black Lives Matter; Native Americans and Christopher Columbus; the Southwest Border and Immigration; and LGBTQ+ issues.
4. Increase awareness of bias, stereotypes, and prejudice.
5. Increase awareness of the negative effects of discrimination based on various forms of diversity.
6. Increase awareness of vocabulary used to understand diversity.
7. Discuss ways to increase the appreciation of diversity.

13. Thinking Positively about the Future

Students will apply positive thinking strategies to their future college, career, and lifelong success and examine the process of making positive changes in their lives.

Students will:

1. Discuss strategies for positive thinking to increase career and personal success.
2. Read theories from the psychology of happiness and identify ideas they can apply to their personal lives.
3. Make a list of intention statements about achieving future happiness in life.
4. Examine the process of making positive changes in their lives.
5. Reflect on "You are What You Think."