

## 1. Understanding Motivation

Students will examine various motivational strategies and apply them to their success in college, in their career, and in their 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 to choose a major and career.
4. Increase understanding of motivational techniques and identify 3 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 with AchieveWorks® Personality.
2. Describe their personality types and list majors that match their type.
3. Explain how personality type is related to choice of a major and career.
4. Describe their ideal work environment based on personality type.
5. Describe how personality type affects decision making, learning strategies, time management, and money management.
6. Describe other factors to consider in choosing a major such as earnings and job outlook.
7. 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. Explore their multiple intelligences using AchieveWorks Intelligences to identify their personal strengths and list careers that match these strengths.
2. Explain the concept of emotional intelligence and how it is related to career and personal success.
3. Assess their vocational interests with O\*NET Interest Profiler and identify their three highest interests.
4. Research at least one career that matches their vocational interests.
5. Write a paragraph about balancing work, study, leisure and social life.
6. List their five most important values and explain how values are used in making important decisions.
7. Practice the steps in making good decisions, including career decisions.
8. 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. Examine generational differences and how they affect the world of work.
2. Increase awareness of career trends of the future and how they affect career choice.
3. Assess their work skills needed for success in the 21st Century.
4. Research a career that matches their personality type, interests and values.
5. Review the basics of job interviewing, writing cover letter, and constructing a resume.
6. Explore the concept of personal branding and how to use social media to find a job.
7. Create an educational plan to achieve their career goal.
8. 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. Select time management strategies to accomplish lifetime goals.
3. Select effective strategies for dealing with procrastination.
4. Create an effective study schedule.
5. Identify money management techniques that lead to financial security.
6. List some ways to save money.
7. Find resources to pay for their education.
8. Reflect on how they can use priorities to manage their time.

## 6. Using Brain Science to Improve Memory

Students will practice practical learning strategies based on brain science 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 3 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. 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 practical learning strategies based on brain science and apply them to reading and math.

**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. Take AchieveWorks Learning & Productivity assessment.
2. Practice the SQ4R 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.

**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:**

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Describe how their personality type affects their communication style.</li> <li>2. Practice effective communication techniques.</li> <li>3. List 3 ways to improve communication and listening skills.</li> </ol> | <ol style="list-style-type: none"> <li>4. Describe techniques for dealing with conflict and problem resolution.</li> <li>5. Discuss ways to improve relationships.</li> <li>6. Reflect on positive ways to deal with failure and mistakes.</li> </ol> |
|---|---|

## 11. Thinking Critically and Creatively

Students will identify fallacies in reasoning, levels of moral reasoning, and creative thinking techniques, and apply these thinking techniques to practical situations.

**Students will:**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Describe the critical thinking process.</li> <li>2. Provide examples of fallacies in reasoning.</li> <li>3. Apply critical thinking to problem scenarios.</li> <li>4. Use Kohlberg's stages of moral reasoning to analyze a problem scenario.</li> </ol> | <ol style="list-style-type: none"> <li>5. Describe the creative thinking process.</li> <li>6. Apply creative thinking to generate new ideas and alternatives.</li> <li>7. Reflect on the use of humor and relaxation in dealing with difficult situations.</li> </ol> |
|--|---|

## 12. Maintaining a Healthy Lifestyle

Students will increase awareness of health habits that affect longevity. Health habits include nutrition, exercise, avoiding addictions, getting enough sleep, and dealing with stress.

**Students will:**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Use government guidelines to develop a plan for exercise and good nutrition.</li> <li>2. Increase awareness of the problems caused by addictions to smoking, alcohol, and drugs.</li> <li>3. Increase awareness about sexually transmitted diseases including AIDS.</li> <li>4. Increase awareness of the problem of sexual assault and ways to avoid it.</li> </ol> | <ol style="list-style-type: none"> <li>5. Explain the necessity for getting enough sleep.</li> <li>6. Discuss information about stress and practice relaxation techniques.</li> <li>7. List the steps for making positive changes in life.</li> <li>8. Make a plan for health improvement.</li> <li>9. Reflect on factors that affect longevity.</li> </ol> |
|--|---|

## 13. Appreciating Diversity

Students will increase their appreciation of diversity in college, on the job and in their personal lives.

**Students will:**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Discuss the importance of appreciating diversity.</li> <li>2. Increase awareness of vocabulary used to understand diversity.</li> <li>3. Describe techniques for communicating across cultures.</li> <li>4. Increase awareness of the negative effects of</li> </ol> | <p>discrimination based on various forms of diversity.</p> <ol style="list-style-type: none"> <li>5. Examine the stages of ethical development.</li> <li>6. Reflect on the value of respecting diversity and individual differences.</li> <li>7. Explore the concepts of the global economy and the electronic village.</li> </ol> |
|--|--|

## 14. Thinking Positively about the Future

Students will apply positive thinking strategies to their future college, career, and lifelong success.

**Students will:**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Discuss strategies for positive thinking to increase career and personal success.</li> <li>2. Read theories from the psychology of happiness and identify ideas they can apply to their personal lives.</li> </ol> | <ol style="list-style-type: none"> <li>3. Make a plan for future happiness.</li> <li>4. Reflect on "You are What You Think."</li> </ol> |
|--|---|