Summary of Chapters and Learning Outcomes

1. **Personal Awareness**
   Motivation Check: Do I really know myself?
   a. Develop a sense of purpose and the motivation to succeed
   b. Prioritize personal and work values
   c. Identify personality type and the strengths and challenges associated with it
   d. Assess multiple intelligences and learn personalized strategies for academic success
   e. Identify work and academic related interests
   f. Measure and understand the importance of academic self-efficacy for success in school

2. **College Readiness**
   Motivation Check: What can I gain from college?
   a. Understand what a typical day, semester, and year in college look like
   b. Know expectations on campus, in course load, and from instructors, and from instructors
   c. Become familiar with the structure and purpose of different programs and majors
   d. Increase awareness of extracurricular activities and the advantages of being involved
   e. Become aware of campus resources, such as health, financial aid, and other student services

3. **Career Exploration**
   Motivation Check: What can I gain from different careers?
   a. Know how to find and use various sources of career information
   b. Understand how careers are classified and how that helps in finding a career match
   c. Know how to interpret a career profile and what different pieces of career information mean
   d. Expect and prepare for multiple careers over the course of a lifetime

4. **Goal Setting and Planning**
   Motivation Check: How do I choose my goals?
   a. Understand the processes and importance of decision making
   b. Understand the goal-setting process and establish meaningful short-term and long-term goals
   c. Create action plans to achieve short and long-term goals
   d. Develop strategies to follow and/or modify plans using sound decision making and adaptive strategies

5. **Learning and Productivity**
   Motivation Check: How do I stay focused, work hard, and enjoy myself while doing so?
   a. Understand the effect of mindset, grit, self-control and motivation on achievement
   b. Understand what critical and creative thinking are and how to apply them
   c. Use learning styles and metacognition to maximize learning potential
   d. Optimize key academic skills:
      i. Using Technology
      ii. Listening & Taking Notes
      iii. Reading
      iv. Research & Information Analysis
   e. Memory
   f. Writing
   g. Studying & Test taking

6. **Communication, Collaboration and Leadership**
   Motivation Check: What is emotional intelligence and why is it important?
   a. Assess key employability and soft skills and learn their relationship to career goals
   b. Learn effective communication skills
   c. Learn effective collaboration and conflict resolution skills
   d. Learn effective leadership skills

7. **Career Readiness**
   Motivation Check: How do I know if I will love my career?
   a. Use mentoring, apprenticeships, internship and volunteering to prepare for careers
   b. Understand a variety of workplace expectations
   c. Understand how to use technology to promote career potential
   d. Become proficient with resumes, job interviews and other aspects of the job application process

8. **Money, Health and Time Management**
   Motivation Check: Do I follow the path to happiness or the path of happiness?
   a. Understand access to, and consequences of, different forms of financial aid
   b. Learn money management skills for college and beyond
   c. Understand how to maintain health through knowledge of nutrition, exercise, stress, sleep and drugs
   d. Learn how to manage time, prioritize and avoid procrastination

**Bonus: Rights, Respect and Responsibility**
   a. Understand the connection between rights, respect and responsibility
   b. Understand Title IX and student’s rights on campus
   c. Understand your own and other’s responsibilities for safety and well-being
   d. Learn to define sex discrimination and know what constitutes sexual violence
   e. Know how to protect oneself, respond to and report incidents, and use available campus resources

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