



Summary of Chapters and Learning Outcomes

1. Personal Awareness

Motivation Check: Do I really know myself?

- Develop a sense of purpose and the motivation to succeed
- Prioritize personal and work values
- Identify personality type and the strengths and challenges associated with it
- Assess multiple intelligences and learn personalized strategies for academic success
- Identify work and academic related interests
- Measure and understand the importance of academic self-efficacy for success in school

2. College Readiness

Motivation Check: What can I gain from college?

- Understand what a typical day, semester, and year in college look like
- Know expectations on campus, in course load, and from instructors, and from instructors
- Become familiar with the structure and purpose of different programs and majors
- Increase awareness of extracurricular activities and the advantages of being involved
- Become aware of campus resources, such as health, financial aid, and other student services

3. Career Exploration

Motivation Check: What I can I gain from different careers?

- Know how to find and use various sources of career information
- Understand how careers are classified and how that helps in finding a career match
- Know how to interpret a career profile and what different pieces of career information mean
- 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?

- Understand the processes and importance of decision making
- Understand the goal-setting process and establish meaningful short-term and long-term goals
- Create action plans to achieve short and long-term goals
- 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?

- Understand the effect of mindset, grit, self-control and motivation on achievement

5. Learning and Productivity, continued

- Understand what critical and creative thinking are and how to apply them
- Use learning styles and metacognition to maximize learning potential
- Optimize key academic skills:
 - Using Technology
 - Listening & Taking Notes
 - Reading
 - Research & Information Analysis
 - Memory
 - Writing
 - Studying & Test taking

6. Communication, Collaboration and Leadership

- Motivation Check: What is emotional intelligence and why is it important?
- Assess key employability and soft skills and learn their relationship to career goals
- Learn effective communication skills
- Learn effective collaboration and conflict resolution skills
- Learn effective leadership skills

7. Career Readiness

Motivation Check: How do I know if I will love my career?

- Use mentoring, apprenticeships, internship and volunteering to prepare for careers
- Understand a variety of workplace expectations
- Understand how to use technology to promote career potential
- 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?

- Understand access to, and consequences of, different forms of financial aid
- Learn money management skills for college and beyond
- Understand how to maintain health through knowledge of nutrition, exercise, stress, sleep and drugs
- Learn how to manage time, prioritize and avoid procrastination

Bonus: Rights, Respect and Responsibility

- Understand the connection between rights, respect and responsibility
- Understand Title IX and student's rights on campus
- Understand your own and other's responsibilities for safety and well-being
- Learn to define sex discrimination and know what constitutes sexual violence
- Know how to protect oneself, respond to and report incidents, and use available campus resources