



Summary of Chapters and Learning Outcomes

1. Purpose and Motivation

Motivation Check: How does mindset affect my ability to succeed?

- Explain a personal sense of academic and career purpose
- Analyze how mindset, grit, self-control, and motivation influence achievement
- Evaluate your academic self-efficacy and its impact on college success

2. Personal Awareness

Motivation Check: Do I really know myself?

- Prioritize personal and work values based on their importance
- Identify your personality type and analyze its strengths and challenges
- Assess your academic and work-related skills

3. College Readiness

Motivation Check: How do I work hard, perform well and enjoy myself while doing so?

- Describe the structure of a typical college day, semester, and year
- Differentiate among expectations related to campus life, courses, and instructors
- Explain the purpose and structure of various programs and majors
- Analyze the benefits of extracurricular involvement
- Utilize campus resources such as health services, financial aid, support and other student programs

4. Effective Learning Strategies

Motivation Check: How do I actually learn?

- Apply learning preferences and metacognitive strategies to improve academic performance
- Interpret your multiple intelligences profile and develop personalized learning strategies
- Explain how memory works and practice techniques that enhance retention

5. Information and Study Skills

Motivation Check: Using AI to assist, not replace, my learning

- Define critical thinking and explain its relevance to academic, work, and personal contexts
- Apply AI and other technologies to support effective learning
- Develop effective strategies for reading, listening and taking notes
- Conduct research and analyze information using effective academic methods
- Apply effective writing, studying, and test-taking skills

6. Career Exploration

Motivation Check: How do I expand my future possibilities?

- Locate and use key sources of career information
- Interpret career profiles and understand how emerging technologies like AI affect careers and the job market
- Anticipate and prepare for evolving career pathways across a lifetime

7. Goal Setting and Planning

Motivation Check: How do I choose my goals?

- Explain the processes and importance of effective decision making
- Formulate meaningful short- and long-term goals
- Create action plans to achieve those goals
- Monitor and adjust plans using adaptive decision-making strategies

8. Communication, Collaboration and Leadership

Motivation Check: What is emotional intelligence and why is it important?

- Demonstrate effective communication skills
- Apply collaboration and conflict resolution strategies
- Exhibit foundational leadership skills in academic or group settings

9. Career Readiness

Motivation Check: Embrace the near wins on your career path

- Find and identify mentoring, apprenticeship, internship and volunteering opportunities to support personal career development
- Identify and explain workplace expectations across environments
- Use technology to enhance career potential
- Design effective resumes and demonstrate interviewing and application skills

10. Money, Health and Life Balance

Motivation Check: Do I follow the path to happiness or the path of happiness?

- Explain the forms and consequences of financial aid options
- Apply money-management strategies for college and beyond
- Evaluate health-related behaviors including nutrition, exercise, stress, and sleep
- Implement time management, prioritization, and anti-procrastination strategies

Bonus: Rights, Respect and Responsibility

- Recognize the difference between rights, respect and responsibility
- Explain student rights on campus
- Describe the institution's legal responsibilities for student safety and well-being
- Define sex discrimination and recognize behaviors that constitute sexual violence
- Apply appropriate responses to incidents and use available campus resources