**Native American and First Nations College and Career Success**

**Discussion Questions for Online Courses**

**Introduction/Orientation**

**Introduction**

Please complete 2 discussion entries this week.

1. (10 Points)

Introduce yourself to the class in 100 words.  You can introduce yourself by telling about your interests, hobbies, and what is important in your life.   Read the other students' posts and comment on at least two of them.

Here is my 100 word introduction: (Customize your answer.)

I am your professor for Counseling 120. I retired from Cuyamaca College where I worked from 1978-2007 as a counselor and instructor for this course. I play many roles in life. I am a grandmother with 4 young grandchildren. I enjoy taking care of them frequently and watching them grow. My own children are grown up and have their own careers and homes. I have my own business and work with colleges across the country in training faculty to teach college success courses.  I am also the author of your textbook and look forward to working with you this semester.

2. (10 Points)

Write another 100 words describing your future goals.  Why are you taking this course and what are your goals and dreams for the future?  Have you chosen a major or are you still exploring your options?  Read other student comments and reply to at least one of them.

Here is an example of a 100 statement of my future goals: (Customize your answer.)

Although I have finished my education through the doctorate degree, I continue to be an active reader. I read about current research in higher education that is related to student success. I also read novels for fun and belong to a book club to discuss them. I plan to continue to develop my business as an educational consultant helping faculty teach college success skills. An important future goal is to remain as healthy as possible. I work on this goal by walking, swimming, and keeping active. Another goal is to travel the world and see as much of it as I can.

**Chapter 1: Cultural Identity and Success**

**General Content**

Share your answer to the first journal entry in Chapter 1, Cultural Identity and Success.

What name do you use to describe yourself? (Native American, American Indian, Alaskan Native, First Nations, Indigenous, Aboriginal, Metis, Inuit, or other) What is your tribal name? Write at least one sentence about being proud of who you are. Remember that you can be empowered by taking pride in yourself and your community. Your post should be about 100 words.

Here is my description in 100 words:

(Write your introduction here.)

Read the posts of other students in the course and reply to at least 2 of them. Your reply should be a meaningful and positive response (and not just a brief phrase.) See the rubric for discussion replies.

**The Talking Circle**

To bring forth a new perspective on learning strategies and techniques for college success, traditional Native-American stories are included with the textbook. The oral tradition of storytelling is an ancient practice that all indigenous cultures embrace. Some stories focus upon creation and the spiritual beliefs of the tribe, while others teach a moral lesson. Stories can be historical, depict a special and sacred geographic characteristic, or impart important cultural knowledge and history to its people. Stories are entertaining and sometimes comical, but all will usually promote a beneficial change in attitude toward a basic value or responsibility as members of that community. Some stories teach about relationships with other living creatures including people, animals, and elements like the wind, water, and the universe. All stories are intergenerational and intra-familial in that stories are passed down from grandfather to child and so on.

Some tribes are willing to share their stories for the good of all and some nations are quite protective and believe that stories can only be shared with others when given as gifts. One of the co-authors of this textbook, Larry Gauthier, is a Woodland Cree and he has asked the elders for permission to use their stories. One of the elders “took the tobacco and prayed that their students and those who use the text will find value and meaning in the stories.” The stories take on a spirit of their own and, in a way, define a shared cultural experience and belief system of a community.

Read the story below and post a 100-word comment on the story. Some discussion questions are provided as a guide, but you can comment on any aspect of the story that you find meaningful. Then read other student comments and reply to at least 2 of them.

**Wesakechak and Crane**

This story is written by Larry Gauthier, as told to him by Colin “Buster” Sanderson, an elder of the Canadian Woodland Cree, and Larry’s grandfather.

Kiyas maga, (long time ago), in the days of our ancestors, when man could talk with animals and learned from them, Wesakechak was lying in the grass looking up at Moon. He was thinking how nice it would be if he could ride Moon; he would be able to see the whole world. He began to think how he could get up there. He was thinking of all kinds of ways to get to Moon. First, he thought he could walk. He began to walk … and walk … and walk. After hours of walking Moon did not appear any closer. As he walked, he began to think that maybe he needed to try a different way to reach Moon. Finally, he came upon Crane. He saw Crane’s big wings and began thinking. “Crane,” he asked, “can you take me to the moon?” When Crane did not look up, Wesakechak added, “I will give you a great gift.” “Ok,” said Crane, “hold on to my legs and I will fly you to the moon.” Wesakechak held on for dear life as Crane flew higher and higher. They flew and flew and after a while Wesakechak felt his arms beginning to hurt. It was taking so long he thought they would never get there. Finally, just when Wesakechak was about to let go, they crashed into Moon and fell asleep because they were so tired.

Having done all the work, Crane was still asleep when Wesakechak woke up. Wesakechak looked around and noticed Cranes legs had stretched so far, they did not go back to their original length. It was then that Crane awoke and asked, “Where is my gift, Wesakechak?” Wesakechak replied, “Look at your legs, Crane. With those legs you can walk deeper in the water to forge for food. You will never be hungry.” Crane was very happy and flew back to the earth eager to try her new legs.

Wesakechak was so in awe of the great beauty of Mother Earth and stars that he wanted to stay on the Moon forever. But soon Moon began shrinking. Wesakechak began to wonder how he was going to get down. He tried calling Crane, but she was too far away from Moon and no one could hear him. Moon soon fixed the problem for Wesakechak. Moon shrank so much she disappeared. Wesakechak tumbled toward the earth. Wesakechak got scared and looked for a nice soft place to land. He spotted a lake and called out to the lake to catch him. He landed softly in the water but sank down to the mud. Even though he was all covered in mud, he thanked Lake for saving his life. Lake replied that water always gives life …

“Out of the Indian approach to life there came a great freedom, an intense and absorbing respect for life, enriching faith in a Supreme Power, and principles of truth, honesty, generosity, equity, and brotherhood as a guide to mundane relations.” Mourning Dove, Salish

The Woodland Cree

The Cree nation stretches from the East side of the Hudson River and James Bay, to central and south Manitoba, Saskatchewan and Central Alberta, and parts of Montana and Wyoming. The Cree have slowly integrated into Western society and become involved with various industries in joint or full ownership ventures. Traditionally Cree men were hunters and gatherers while the women were nurturers and caregivers. Women had responsibility for the home. The Elders were the repositories of knowledge; they held the nation’s histories and passed on this knowledge to the children. Thus, children represented the future of the tribe. Today approximately 65% of Cree are moving from reserve lands to urban centers in Canada. In the far north, many of those still living on the reserves continue to maintain a strong connection to the land. While many modern Cree have incorporated Catholic and Anglican religions, many still observe traditional ceremonial practices. Native American / First Nation spiritual and cultural practices were outlawed by the federal government and these practices had to go underground to survive. Today a spiritual and cultural rebirth is occurring, where many young people are learning the language, culture, and spiritual practices. The Cree are considered the most populous nations of Native Americans and cover the largest geographic area in North America.

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. Wesakechak had a need to explore and get to the moon. He contracted the help of Crane to accomplish his goal. After having explored your occupational preferences, what are some of your “Moon” destinations? In other words, what goals are you considering with education, career, and personal life?

2. Crane provides a service to Wesakechak and in return is paid with the gift of long legs. These long legs helped Crane to walk about the water and provide for his sustenance in life. What will be the pay-off for you as you complete educational, career, and personal goals in your life? What impact will this have on your family and community, if any?

3. The story ends with the concept that “water always gives life.” Giving thanks to the earth and all creation for life is an important value to most Native American people. This is a universal theme among many cultures of the world. Unfortunately, some nations forget the importance of taking care of the earth and of giving thanks to a higher power. Consider your beliefs and values as they relate to these concepts. How will the decisions you make in life about your educational, career, and personal goals be impacted by these beliefs?

**Chapter 2: Understanding Motivation**

**General Content**

It was great meeting you on the discussion board last week and learning about your goals for the future.  We have a great variety of students in the class and many different educational backgrounds. This diversity makes for interesting discussion and sharing of ideas.  
  
For this week, in 200 words, share your ideas on motivation with other students in this course. Read other student comments and provide a meaningful reply to at least two students to receive full credit for the discussion.

Please read Chapter 2 in your online textbook before commenting on any of these questions.

Postings for this week are due before 11:59 p.m. on Sunday. You can choose to write on any of these questions.

1. How do you motivate yourself to be successful?
2. Are there some new ideas on motivation in Chapter 1 that you find interesting or helpful?
3. If you are thinking about dropping this class or dropping out of college, how can you motivate yourself to continue?
4. What are some roadblocks to your success and how can you overcome them?
5. Read comments posted by other students. Are any of their ideas useful to you?
6. You can also write about your experience in beginning college or starting this course.
7. Comment on this video about living your dream and having no regrets:

<https://www.youtube.com/watch?v=aiA3gtAybmc&t=4s>

**The Talking Circle**

The story you are about to read is one that is shared with us from the Maidu Tribe located in Northern California. The story of “To’lowim Woman and Butterfly Man” has as its main intention to teach about self-control and to be faithful and dedicated to the family. Within this story are several ideas that correlate to the subject of motivation as discussed in this chapter.

**To’lowim Woman and Butterfly Man**

[Based on a Maidu story)

In the old days, during the time of the Deer Drive, To’lowim Man was fishing and hunting with his tribal brothers and when they returned home, they would begin ceremonies to give thanks. To’lowim Woman was a good wife and mother, but she was bored during these days when women were to keep their distance from the men.

On a bright and sunny day, To’lowim Woman decided to take a walk with her baby. She carried her baby in a cradleboard, strapped to her back, and walked out to see the beautiful flowers that were in bloom. Along the way, she looked for berries and roots, and eventually saw various brightly colored flowers. After a while, she sat beside a shady bush to rest, while her baby laid safely asleep in his cradleboard. Soon a large and brightly colored butterfly flew by her.

To’lowim Woman was amazed by the butterfly’s beauty. She had never seen a butterfly so large, so strong, and with such vibrant colors like blues as deep as turquoise, yellows like the golden poppies, and greens like the iridescence of the abalone shell. To’lowim Woman was mesmerized by its beauty. She reached out to touch the butterfly and it stroked her hand as it flew by, sending a shiver through her body.

Without thinking much about her baby and knowing that the baby would sleep safely under the shady bush, To’lowim Woman ran after the butterfly. She hadn’t felt the ticklish feel of passion for some time and she knew she had to catch this butterfly for her own. She ran this way and that way following the fluttering butterfly. Each time she stretched to catch the butterfly, it flittered further away, and To’lowim Woman lost all sense of time and distance.

As the day turned to dusk, To’lowim Woman found herself in a valley she had never seen before and she dropped to the ground with exhaustion. Soon the butterfly landed next to To’lowim Woman to keep her safe through the dark night. When she awoke as the morning sun warmed her face, she found a handsome and strong man holding her in his arms. He said, “I am Butterfly Man and you have followed me to this Butterfly Valley. Come with me and we will have a happy and safe life together.” To’lowim Woman could not resist the passion she felt for Butterfly Man, so she agreed to follow him. He warned her to hold on to his belt. He told her she would be enchanted by other butterflies along the way, but if she held on tightly and stayed the course, they would reach his home before sunset.

As they traveled through the beautiful valley, filled with flowers that To’lowim Woman had never gazed upon before, she became very excited about her new life. She knew she would be happy with her Butterfly Man and that she would never feel the boredom of the past. They wove through the valley swiftly, and butterflies approached. Many of vibrant virile colors like red, purple, and orange flew close to To’lowim Woman, taunting her to reach out for just one touch. She tried to stay the course but could no longer restrain herself and reached out with one hand to touch a huge butterfly. She lost her hold of Butterfly Man and soon found herself in a whirlwind of thousands of butterflies leading her in every direction.

Butterfly Man continued his journey and To’lowim Woman could not reach him, even though she tried. The butterflies clouded her vision and eventually, she lost all sight of Butterfly Man. To’lowim Woman kept chasing her butterfly dreams but could never catch one. Her clothes became tattered and torn as she brushed against thorny bushes and trees, and eventually To’lowim Woman found herself nearly naked. The people say To’lowim Woman lost her way in the valley and never returned home.

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. We are a part of the earth and it is part of us.” Chief Seattle, Suquamis

“Everything a power does, it does in a circle.” Lakota

“Every fire is the same size when it starts.” Seneca

For more information about the Maidu Tribe of California, visit their website at [**www.maidu.com**](http://www.maidu.com).

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. What are some of the possible challenges you will encounter with self-control as you begin to focus more time and energy toward your study?

2. How will your family, friends, or community respond to your time away from them?

3. How can you help your family, friends, and community to better understand and appreciate the educational/career goals you have set for yourself?

4. What characteristics do you share with To’lowim Woman?

5. To’lowim Woman struggles with creating balance in her life and she lets passion take control. How is passion related to your life’s goals on a personal and educational level?

6. What will it mean to you if you are pulled in other directions by the butterflies? Can this be a positive reaction?

**Chapter 3: Exploring Your Personality and Major**

**General Content**

I was inspired reading all your blog posts on motivation.  Motivation sets the stage for success.  Many of you mentioned careers and the economy as motivators for going to college.  You are more likely to be employed and to like your career if you have an education.  One of the keys to success is what you do daily, so do a little of your homework each day and it all adds up to success.

Chapter 2 began with the AchieveWorks Personality assessment which has a 4-letter code used to summarize your personality type based on your answers in the assessment.  For example, my code is ISTJ which stands for introvert, sensing, thinking and judging.

**Posting 1:**

Choose one of your letters and write 100 words about this aspect of your personality focusing on the positives of your type. Remember that one personality type is not better than any other.  Each type has different talents that can be useful in your personal or career life.  You may think that you are a combination of 2 different types.  It is OK to describe your unique combination.

**Here is a sample of about 100 words: (Customize with your personality type.)**

Based on the AchieveWorks Personality assessment, I am a judging type which means that I prefer to be orderly and organized.  I know that this is true because I can only feel relaxed when things are orderly and organized.  I plan my work and think about priorities when managing my time which helps me to accomplish my goals.  I even plan out my vacations in advance and like to have everything planned so I can relax and have fun.  I have met some opposite types in my lifetime and try to appreciate their differences.  I have found that perceptive types can usually introduce an element of fun in the situation and they motivate me to be a little more spontaneous at times.  I’m still most comfortable with my plans and don’t like to change them.

**Posting 2:**

Find 2 other students with a personality type like yours and write a meaningful response to them.

**Here is a sample response of about 100 words:**

I am a judging type also.   I could relate to your need to be orderly and organized.  I generally plan my time and like to have all my things organized.  I get stressed when things are out of order.  I have also met some perceptive types and I have to admit that they drive me a little crazy.  I like your idea of appreciating their differences and just trying to have fun with them.  I know that these opposite types think I am too set in my ways.  Being a judging type has lots of positives.  I plan to major in accounting and this seems to be a natural fit for my personal strengths.

Just as a quick review, here is a brief definition of all types on AchieveWorks Personality assessment. Please review these definitions before you make your comments.

**(I) Introvert**: private, likes quiet for concentration, likes to think before speaking

**(E) Extravert**: social, likes variety, sometimes speaks before thinking

**(S) Sensing**: works step-by-step, learns from experience, trusts what is concrete and certain

**(N) Intuitive**: values imagination and innovation, focus on possibilities, creative and imaginative

**(T) Thinking**: calm and objective, makes decisions based on logic, analyzes emotions, likes debate

**(F) Feeling**: makes decisions based on personal values, values empathy and harmony, caring, emotional

**(J) Judging**: orderly, organized, work first and play later, follows a routine, meets deadlines (Note: it does not mean to judge others!)

**(P) Perceptive**: spontaneous, go with the flow, play first and do the work later, dislike routine, difficulty meeting deadlines

**The Talking Circle**

Choosing a major may be more complicated than you thought when you first entered college. Taking the time to self-assess and learn more about your personality and interests will help you to discover a field of study that will enrich your life and provide a pathway to a career. As discussed in this chapter, you have had an opportunity look at your own personality type and how that relates to selecting a major. You have also had some exposure to new career opportunities you may not have known existed. Depending on your lifestyle and the community in which you have been raised, your career role models may have been limited. For some, you may be one of the first in your family to attend college, so you have a special opportunity to learn more about your own personal characteristics and explore career options that will offer you a great opportunity for success and happiness.

The story you are about to read comes to us from the Aztec/Mexica culture. This story’s main characters may surprise you since their actions may not appear to be consistent with their public image.

**The Creation of the Fifth Sun and Moon**

Contributed by Dr. Mario E. Aguilar

In the great city of Teotihuacan, located in central Mexico, the gods found themselves in the dark. The Fourth Sun had ended, and the universe was cold and dark. The gods knew that without light, there could be no life.

The gods asked amongst themselves, “who shall sacrifice himself so that the universe has light and warmth?” No one spoke because they were afraid. Finally, Tecuciztecatl stood out amongst the gathered gods and said, “I am the only one worthy to be the new sun.”

Tecuciztecatl was very rich, handsome, and virile, and even though his ego could get the best of him, he was thought to be courageous. Surely, he would be the new sun! Tecuciztecatl was told to prepare for his great sacrifice. Tecuciztecatl prepared his offerings with gold and silver adornments, precious jade and turquoise stones, and feathers from the great macaw and quetzal birds. He danced and sang great prayers.

Once all the preparations had been completed, the gods created a huge fire. They said to Tecuciztecatl, “Great proud warrior, with your fine preparations of precious materials, you will be a powerful sun. Jump into the fire and light the world!” He took a few steps back, and then charged toward the fire. To their horror, he stopped as soon as he felt the searing heat. Three times he ran toward the fire, but each time he failed. Tecuciztecatl stood shivering with fright. His great ornaments hid a heart of fear!

Suddenly, from the dark shadows, Nanahuatzin, a small, humble god with a pockmarked face, and simple clothes of paper, cloth, and feathers jumped out into the grand plaza. Then, taking a running leap, he jumped right into the heart of the fire. Suddenly, all around the sky, a new sun arose from the east, created by the humble but valiant Nanahuatzin. Then out of the fire flew a great golden eagle, forever to be the messenger of the sun.

Having seen this, and feeling humiliated, Tecuciztecatl, the proud and haughty god, jumped into the fire. Soon a bright white disk rose out of the fire. Then out rose a fierce animal that having stayed in the fire for too long, came out with burn spots all over its fur. It was the jaguar, the messenger of the moon.

Soon the gods had a new sun, but the moon was just as bright as the sun. One of the elderly gods could not sleep with all the light. One day a rabbit happened to hop by, and the angry god grabbed the poor rabbit and threw him at the face of the moon. There the poor animal covered the face of the moon and darkened it. That is why today the sun is much brighter than the moon, and on every full moon you see the rabbit covering the moon’s face.

“When you know who you are;  
when your mission is clear and you  
burn with the inner fire of unbreakable will;  
no cold can touch your heart;  
no deluge can dampen your purpose.  
You know that you are alive.” Chief Seattle, Suquamish

Aztec/Mexica People

There are over 6 million people in Mexico who speak a native indigenous language and some who do not even speak Spanish. This is surprising to some people, but many Mexicans can trace at least 70% of their genetic heritage to an indigenous culture. Some of the indigenous people who inhabit Central Mexico are known as the Aztec/Nahua. Currently, there are over 2 million persons who are monolingual or bilingual in Nahuatl, the language of the Aztecs. Many of their descendants now live in the United States, predominately located in the Southwestern states of California, Arizona, New Mexico, and Colorado. For more information about the Nahuatl/Mexica culture, visit [www.mexicayotl.com](http://www.mexicayotl.com)

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. Tecuciztecatl was seen by others as a strong, confident, and courageous god, but in the end, he proved to be something other than the most valiant. How would you say your family and friends would describe your personal characteristics and traits? Would this be consistent with how your fellow students would describe you? Is it consistent with how you describe yourself?

2. Nanahuatzin surprised everyone with his courageous and valiant effort because he appeared shy, quiet, and simple. What personal ideal characteristics do you wish to possess? How consistent are these with the person you believe yourself to be? What will you need to do to be able to develop these characteristics?

3. Nanahuatzin, the humble and quiet god, became the strong and bright sun. Tecuciztecatl, the strong and confident god, became the subtle lighted moon. At first glance, you might not think their personality types fit the roles they eventually became. Can you relate this to yourself and to the career or major options you are considering?

3. What is the moral of this story? Can you relate this story to an experience you have had? Perhaps you have been misjudged or mislabeled by others and you surprised them with your behavior or actions? What did you learn about yourself through that experience?

4. The eagle is revered by many native cultures and in this story is considered a great messenger to the sun. The jaguar is described as a fierce animal with a spotted pelt and is the messenger to the moon. The rabbit is sacrificed for the good of the earth to cover the moon’s bright light. Which of these animals do you think you are most like? What are some of the characteristics you share with the eagle, jaguar, or rabbit?

**Chapter 4: Managing Time and Money**

**General Content**

This new chapter is about time management and is one of the most powerful chapters in the text. For this week's discussion, share one of your lifetime goals and describe the time management techniques you will use to accomplish this goal. If there are obstacles in the way, how will you deal with them?

Do you get distracted by technology? Does your phone, the Internet, or video games get in the way of accomplishing important goals or getting enough sleep? If so, watch this video and comment on it.

How to Stop Your Technology Addiction

<https://www.youtube.com/watch?v=pjgngyfxIzM>   
  
Read the posts of other students in the class and make a meaningful comment on 2 of them. Sometimes it is helpful to read about other students' goals and how they are managing to accomplish them. The first post can be longer, and the others can be shorter, but the total words should be around 200.

Here is my post which is 276 words: (Customize the description here)  
  
I will share with you one of my lifetime goals and how I used the ideas in this chapter to accomplish it. My lifetime goal was to write a book on how to be successful in college because I struggled as a young college student and learned how to be successful. Then I taught the topic for 30 years. I had some time off from work and set as my goal to write the text. I found myself distracted by things around the home. I would get up in the morning and exercise, make myself a nice breakfast, read the paper and do a few household chores. Soon the day was gone, and I had not accomplished my goal. I decided to work on my goal first and then reward myself with exercise and other things that I wanted to do. It was just a matter of rearranging my tasks. I still found it difficult to get started. I used the idea of a leading task. I would just sit at the computer, fill my head with ideas and start to write. Then I would refine the writing the next day. Within 6 months I had the first draft of the text written. Today it is used in about 80 colleges across the country. This new edition of College and Career Success Online is my latest project.     
  
Ok, I have shared one of my goals and how I accomplished it. Now it is your turn. Tell about something you accomplished in the past or something you hope to accomplish in the future. See if you can use some of the time management ideas in the text.

**Talking Circle**

This chapter has asked you to consider lifetime goals and developing a plan to reach those goals. This will take commitment, investment, and courage on your part. You have been asked to consider how you manage your time and how you define your priorities. Determining this will help you to understand the type of commitment of time that is needed for college success. Along with managing time is the need to manage your money wisely to allow yourself to accomplish your goals. As a student you will need to become knowledgeable about money resources like scholarships and financial aid. And, just as importantly, you may also need to learn to delay gratification, and put off large purchases until you have completed your education. Don’t weigh yourself down with debt and worries now, focus on your goals and college success. Time, energy, and money are all part of the commitment and investment you are making to your future life success.

The story you are about to read comes to us from the Navajo, Dine, people of the Southwestern United States. The Navajo people live predominately in Arizona and New Mexico. They are well known as artisans of silver and turquoise jewelry, sand painting, and weaving. The weaving has become a tradition of the women of the tribe and they often utilize wool they harvest from their herds of sheep. Originally the weavers produced textiles used for blankets, cloaks, dresses, and saddle blankets. Today, it has become a highly regarded art form and produces much of the commercial enterprise for the Navajo economy.

**How the Navajo Learned to Weave**

In the Canyon de Chelly National Park stands a massive monolith made of sandstone known as Spider Rock. The Navajo or Dine people believe that this is the home of Spider Woman. The Dine believe that Spider Woman has strong spiritual powers and that she saved them as they entered this world.

One day a young girl feeling a bit lonely wanders into the dessert to look for cactus flowers. Soon she sees a trail of smoke coming out of the ground. “Hmm, how strange is this, how can fire be coming out of the ground?” she thinks to herself.

Being of a curious nature she runs over to look into the hole. She bends down and peers into the hole with one eye. Expecting to see fire or darkness underground, she is surprised to see Spider Woman spinning a blanket. The underground is lit up with a magical glow because Spider Woman is spinning on a loom made of sun rays and lightning bolts and the room glows with warm light.

Spider Woman senses the girl is near and without turning her head or looking away from her weaving, she says, “Who is it I feel close to me?” The girl is surprised that Spider Woman knows she is there, and she quietly and shyly responds, “It is I, just a lonely girl walking about passing the day. The blanket you weave is more beautiful than any I have ever seen.”

Spider Woman then says to the girl, “Would you like to come down and touch my blanket? You will feel the power of the universe and the warm glow of the sun.”

The girl joins Spider Woman and sits quietly as she listens to Spider Woman chant as she weaves. After some time, Spider Woman asks the girl, “Well, if you are feeling so lonely these days, maybe you would like to learn to weave?”

The girl is a quick learner and soon perfects her weaving skill. Later the girl returns home and begins to weave beautiful blankets for her friends and family. The Dine people are amazed at her skill and they ask her to tell them all about Spider Woman and to teach them to weave also. The girl shares her knowledge and skill with all who want to learn and becomes a friend to many. She is never lonely again.

Dine children are taught that if they do not behave well and listen to their parents and elders, Spider Woman would cover them with a web, entrap them, and eat them as a meal.

The Dine believe in the power of Spider Woman so much that they often rub the hands of their infant daughters with spider webs to ensure her weaver’s spirit is passed on.

The Dine people believe to this day that Spider Woman lives in the Canyon de Chelly where her spirit still guides the weavers’ hands.

“I seek strength, not to be greater than my brother, but to fight my greatest enemy—myself.” Chief Yellow Lark, Lakota

“Those who have one foot in the canoe, and one foot on the boat, are going to fall into the water.” Tuscarora

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. In the story, lonely girl doesn’t have a plan for her day or for her future. Yet, she luckily comes upon Spider Woman, and her life’s plan unfolds. How will you go about planning your life? Will you hope to stumble upon the good fortune of lonely girl, or will you take a more strategic approach? How will you do that?

2. Lonely girl shares her knowledge freely and openly and as a result, is never lonely again. In some ways, lonely girl is a mentor to others and becomes a generous resource to her people. Have you had mentors in your life? Can you talk about someone you know who has been a successful college student and is now a working professional? What sacrifices did that person have to make to be able to complete their college educational goals?

3. Spider Woman is depicted as a strong and magical character. The Dine believe that she has created much of what lies upon the earth. Can you define your own character strengths? What are some deep beliefs you have in your own ability to weave a successful life?

**Chapter 5: Using Brain Science to Improve Memory**

**General Content**

For this chapter, watch one of these videos and write a 100-word comment including what you like, dislike, or find useful.

For the second posting, read 2 other student comments and add you own thoughts, goals for the future, or ideas for using the information to improve your memory and study skills.

Here are the links to the video choices:

The Nine Best Scientific Study Skills

<https://www.youtube.com/watch?v=p60rN9JEapg>

Sleep to Remember, Remember to Sleep

<https://ed.ted.com/lessons/the-benefits-of-a-good-night-s-sleep-shai-marcu?utm_source=TED-Ed+Subscribers&utm_campaign=ecd56a0428-2013_09_219_19_2013&utm_medium=email&utm_term=0_1aaccced48-ecd56a0428-43155577>

Sorry, You’re Addicted to the Internet

<https://www.youtube.com/watch?v=NpluiONwJLg>

How to Study Effectively with 15 Study Tips: Better Grades, Better Results

<https://www.youtube.com/watch?v=Qx48xClXJq8>

How to Get Straight A’s Study Tips

<https://www.youtube.com/watch?v=Ih3QUZciZls>

Study Hacks! Get Better Grades

<https://www.youtube.com/watch?v=rc9dpAphbRU>

**Talking Circle**

**Wesakechak e-pwekitot**

This story is written by Larry Gauthier based on stories from the elders of the Canadian Woodland Cree.

Kiyas maga, a long time ago in the days of our ancestors, when humans could talk to animals, when humans learned from animals, in the days when Wesakechak walked on mother earth, this story was told.

As we all know Wesakechak does not like to work and is always travelling from tribe to tribe, living off the people of the tribe. Most tribes take him in without questions, but because he never helps, he eventually overstays his welcome. The good thing about this is that Wesakechak always knows when to leave and when he has overstayed his welcome.

One time he had again overstayed his welcome. He could tell because no one placed food in front of him that day. He decided to pack what little belongings he had and said good-bye to everyone. He began to walk in the direction of the south, not for any particular reason, just that it looked like an easier trail.

He walked and walked and walked, for two days and nights he walked. Finally, he was so tired he just laid down; he didn’t even build a shelter, he just laid down and went to sleep. He probably didn’t even know how to build a shelter.

He slept and slept and slept. Sun woke him up early, but he was too lazy to get up. He just rolled over and kept on sleeping. Finally, when Sun was at her highest, Wesakechak’s eyes opened wide, his senses became alert, and he could smell the most beautiful smell he had ever smelled. He got up and began to follow his nose.

In a short time, he came to camp, and immediately saw what was making that beautiful aroma. He saw a duck roasting on the fire. He called out, “Tansi, tansi, hello, hello,” but no one answered. He looked at the duck and his mouth began to water. “Tansi tansi,” he called out. Still no one answered. That gave Wesakechak time to think and he began to have selfish thoughts. If no one is around, he thought, I can just take that duck and run away and have it all to myself. So he took the duck from the fire and was about to run away with it, but thought he would just give it a little taste. It smelled so good, he wanted to taste it. So, he had a little taste, next thing he knew he had eaten the whole duck. I had better leave before the people come home and see that I ate their dinner. Off he ran, but Wesakechak, being the character he was, didn’t run too far before he got tired. He wanted to have a nap; he was so full from eating the whole duck. He spied a nice grassy area and walked over and promptly fell asleep.

Nokum, the old lady, whose duck Wesakechak ate, returned to her camp and found her duck had disappeared. She looked around and found the pile of duck bones surrounded by tracks. She recognized the tracks as Wesakechak as he was the only person who walked around with holy moccasins. She followed Wesakechak’s tracks and soon heard him snoring. She saw him asleep with a look of complete satisfaction. “Hmmm,” Nokum thought, “I am going to teach Wesakechak a lesson.” She went back to her camp and got some medicine powder and threw it in the air and began to sing a song. The medicine drifted to Wesakechak and soon he breathed it in. The smell woke him up. “Now what is that awful smell?” He asked out loud. He then remembered what he had done and thought he better put some distance between himself and the camp from which he stole the duck. He rose up and as he was taking his first step, this loud noise escaped from his backside, phooot… He stopped, froze still. “What was that?” he asked himself. He took another step… phooot. Again, he was startled. He was getting scared. He took another step and sure enough a loud noise escapes… PHHOOOOT… He bolts and with each step he lets out a loud fart. That is how humans come to pass gas.

” People must pursue, acquire, and own knowledge to achieve freedom; otherwise we are mere slaves.” Janine Pease-Pretty on Top, Crow

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. Many of the stories from the elders use humor to teach morality. What is the moral of this story?
2. In this story, Wesakechak takes the easiest path. Developing good memory and good reading skills takes practice and self-discipline. Consider the path you will take on this journey, will you go the way of Wesakechak?
3. Wesakechak does not work for his food. In fact, Wesakechak is kind of lazy and wanders about without a purpose. What happens as a result? What would Wesakechak need to do to become a successful college student?
4. As you are attending college, you may find that you have to take the more difficult path and invest a lot of your time studying and improving basic skills in reading and mathematics. What is the payoff for you?

**Chapter 6: Using Brain Science to Improve Study Skills**

**General Content**

One of the key concepts in this chapter is that we use all the senses to learn, a process called multi-sensory integration.  Of all the senses, visualization is the most powerful.

Think about how you can use multiple senses (visual, auditory, tactile, kinesthetic, gustatory, olfactory) to be successful in challenging material in your present courses or think about one of the scenarios below and apply this concept to being successful in one of these situations.  Your post should be at least 100 words.

Read what other students are saying and reply to at least 2 of them. Your reply to other students can be shorter than your posting on using multiple senses to learn.

You can also comment on one of these scenarios.

1. You just read the assigned chapter in economics and cannot remember what you read. It went in one ear and out the other.
2. In your anatomy and physiology class, you are required to remember the scientific name for 100 different muscles in the body.
3. You signed up for a philosophy class because it meets general education requirements. You are not interested in the class at all.
4. You have a mid-term in your literature class and have to read 400 pages in one month.
5. You must take American history to graduate from SDSU. You think that history is boring.
6. You have been introduced to an important business contact and would like to remember his/her name.
7. You are enrolled in an algebra class. You continually remind yourself that you have never been good at math. You don’t think that you will pass this class.
8. You are taking a math course that you need for graduation and don’t understand some of the math problems. You are worried that you may not pass this course.

**Talking Circle**

The story you are about to read comes to us from the Cherokee Nation. The story tells about how the Spider Woman stole the sun for the good of the people. These stories are common among all the tribes in that they help us to make sense of the origins of people on this sacred land and how people and creatures are all part of the living universe.

**How Spider Stole the Sun**

When the world was new, it was so very dark. The animals could not see anything, and they were always bumping into each other, tripping and falling, and just making a mess of everything. One evening, they gathered together and decided that something had to change. Life would be no good if they had no light; besides, it was so very cold in the dark. As they sat in the faint light of the moon, they said, “What are we to do? How can we find more light?”

“I remember hearing that there is light on the other side of the world. Since I have the best eyes for the night and I can see so much better than you in the dark, I will go and see what I can find out. Maybe I can lure the light over our way. Those creatures over there are holding all the light for their very own and that’s just not right!” said owl with a shiver.

Owl set out and flew as fast as he could. Soon he began to see light, and this light was far greater than any he had ever seen. As he approached closer, he saw a huge ball of gleaming, radiating light perched upon a tree. With all his excitement, he flew right to the light and swooped a bit into his wing. To his surprise it was teeming with heat and he tossed it from one wing to the other, “Ouch!” he screeched. Upon hearing his screech, the people saw the owl and snatched back their sunlight, right from his winged tips.

Owl returned to his world empty handed and ever since that time, he hides from the light and only shows himself in the dark of night.

Once again, the creatures gathered, “Now, we know there is light to be had and someone else has got to go and bring back that radiance.” Opossum went and came back with a hole in his tail and to this day, his relatives have no tails. Raven, Buzzard, Fox, Frog, they all tried, but not one brought back the light.

Finally, Old Lady Spider said, “I have been watching you all, and I think with my eight legs, even though they are not as strong as they once were, perhaps I have a way to capture that sunlight. Will you let me try? My days on this earth are not long; let me do this for you while I still can.”

So, Old Lady Spider set out to bring the sun back. She quickly spun a web as long and strong as she could. It reached to the other side of the earth! She pulled out a large iron pot and tied it around her back. Off she went. Quietly and swiftly she found the sun and swooped up a bit into the pot. So smooth were her movements that the people never even sensed she was near.

Old Lady Spider came back home and opened the lid of the pot and out peered the sun. She threw it into the air and out came the sun. And they say that since that time the sun never stays on one side of the earth but travels back and forth to grace all the creatures of the earth with warmth.

“What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.” Eagle Chief, Pawnee

**The Cherokee Nation** is the second-largest Indian tribe in the United States with more than 300,000 tribal citizens. Over 70,000 Cherokee reside within a 7,000 square mile geographical area, which is *not* a reservation but rather a federally recognized, truly sovereign nation covering most of northeast Oklahoma. The tribe has taken the lead in self-governance through the enactment of a tax code and the re-establishment of the tribe’s district court, law enforcement, and judicial systems. In addition, the nation operates several successful enterprises, including Cherokee Nation Enterprises (CNE), and Cherokee Nation Industries, Inc. CNE operates the Cherokee casino facilities, two convenience store/gas stations, and a Cherokee gift shop located at the tribal complex in Tahlequah. This information is provided by the Cherokee Nation Cultural Resource Center. For information regarding culture and language, please email [cultural@cherokee.org](mailto:cultural@cherokee.org) or contact [communications@cherokee.org](mailto:communications@cherokee.org).

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. The creatures in the story had a problem to solve; they needed light. Think about how they worked together to solve this problem. Have you had a problem in your personal or educational life that you have worked with others to solve?

2. Old Lady Spider devises a plan to solve the problem. She has a certain wisdom and has learned patience through her long life. She also watched as others failed while she critically and creatively devised a solution. Can you think about a time you critically and creatively solved a problem or overcame an obstacle? What steps were involved with this process?

3. It seems the solution that Old Lady Spider devised was good for all of the creator’s creatures. The sun was shared by all of the earth and so life became abundant to all. Has there been a time in your life where you experienced a win-win situation? Can you talk about the process of creatively thinking of solutions and utilizing moral reasoning that helped all involved? How does this relate to your educational goals or the career you will enter in the future?

**Chapter 7: Taking Notes, Writing, and Speaking**

**General Content**

This week read the chapter on taking notes, writing and speaking and then write a minimum of 100 words on any of these topics.  For the second posting, reply to 2 other students. Here are the options for your discussion:

Watch any of these videos and tell what interesting or useful ideas you have discovered:

Free Writing

<https://www.youtube.com/watch?v=4O0EMX0nnl4>

This is a technique for coming up with ideas for any writing project.

Five Basic Public Speaking Tips

<https://www.youtube.com/watch?v=AykYRO5d_lI>

Here are five tips from Toastmasters that would be helpful in delivering any speech.

The Science of Stage Fright and How to Overcome It

<https://ed.ted.com/lessons/the-science-of-stage-fright-and-how-to-overcome-it-mikael-cho>

This is a TED talk on how to overcome stage fright or fear of public speaking.

The Cornell Notes Slideshow

<https://www.youtube.com/watch?v=U-FCogxQFHI&list=PLBD6F24944B69A5DA&context=C4f0b1aaADvjVQa1PpcFOdLICi2Pt5lC2cPmlVcoEJvAS5dE364xg%3D>

This 40 second video explains how to take notes in the Cornell format.

How to Make a Mind Map

<https://www.youtube.com/watch?v=wLWV0XN7K1g&feature=autoplay&list=PLBD6F24944B69A5DA&playnext=1>

This video shows the steps in creating a mind map for taking notes or studying for tests.

What is the meaning of this quote by William James?   
“The essence of genius is knowing what to overlook.”

How can you take steps toward being a genius by being selective at school, at work or in your personal life?

Write some intention statements about what you will do to become a better writer or note taker.

Remember to make a comment on 2 other student posts.

**Talking Circle**

In this chapter you have been introduced to various techniques that will improve your ability to take good notes and to write and speak effectively. You have explored methodologies for improving your ability to capture important information presented in lectures by taking notes and improving your listening skills. Good writing involves good planning and preparation. This will assist you in developing your ideas and writing a logical and cohesive piece. Remember, good writing will require several edits and revisions. And lastly, developing effective public speaking skills is critical to your college success. You will often be asked to present information individually and in small groups in your classes. If you choose to become involved in college leadership opportunities, again, public speaking will become an essential skill that will not only help you while in college, but throughout your professional and personal life.

**How the Spider Symbol Came to the People**

An Osage Story

The Osage people have clans that are Sky people and Earth people. This is an Earth people clan story and it goes like this.

A long time ago, one of the clans of the earth people lived far off, away from many of the other clans. The people always looked to their animal brothers to help them understand the world better and teach them about the natural ways of life. The chief of this clan felt that his people needed a little more guidance and that if he was to be a wise and strong leader, he should go off into the forest and look for a new symbol to help strengthen the people.

He thought, “I will go out and look for the strongest, most courageous symbol that I can find. One that will inspire strength, dedication, and valor for our clan is what I ask the creator to provide.”

Out he went, and as he walked along, he saw many of the creator’s creatures along the way. He saw blue jays, hummingbirds, snakes, and beavers. And, although he gave thanks to the Creator for all the beauty of the creatures, he just knew he had to keep looking.

Eventually, he came across some hoof tracks in the moist earth by the riverbed. He thought, “Oh, the deer, so swift and regal, beautiful fur coat and yet, smart as they come. I will follow these tracks and find our symbol.” With much excitement brewing in his heart, the chief followed the tracks, faster and faster, he moved through the forest. Running at full speed and sensing the great deer is just around the bend, when suddenly, he runs full force into an enormous spider web.

“What is this? I cannot see, I cannot open my eyes and yet I feel like I am cloaked in a net.”

Spider says, “Why are you running through the forest with such speed? Is a wild cat chasing you?”

“No,” the chief responds, “I am fast on the trail of a great deer’s tracks, and now you and your silly web have detained me!”

“Why are you chasing the great deer? This is not the time of year to hunt the deer,” replied spider.

“No, you silly spider, don’t you see. I am looking for a great symbol to help teach my people the good ways and I know this deer is that symbol. I must hurry, or I will certainly loose his trail,” the chief says with some impatience.

Spider says, “You look so silly, running through the forest without even looking where you are going. How are you going to catch the great deer, when you seem to have so little good sense?”

The chief looked down, wiping the web from his eyes, and then spider says, “Do not worry, I can be your symbol. I can teach you many lessons.”

The chief is feeling a bit foolish now but looks at the spider in disbelief. “How can you give my people strength? You are so small and so fragile.”

“Oh, my son, look at me. I am watchful, and I know how to wait. I can be cunning, and I am patient. I know that all things will come to me if I bide my time. I can teach your people to be strong, patient, and knowing that all good things will come.”

Since that time, the spider has been the symbol for Osage people.

“The one who tells the stories, rules the world.” Hopi

**Osage Tribe**

The Osage tribe was one of the tribes east of the Mississippi that traveled the Trail of Tears and was re-located to Kansas. By the time they negotiated the treaty of 1865, to purchase land in Oklahoma, the Osages had been reduced in population by 95%. Only 3,000 Osage People walked across the Kansas border into their new land. The Osage of today maintain their culture and traditions by clinging to the lessons of their ancestors. The modern-day Osage is educated, diverse, and staunchly defends their Osage identity. They participate in dance, feasting, and naming ceremonies as a memorial to their past while celebrating their present culture. Members of the Osage tribe are proud of their identity and they return to their Osage reservation to commune with each other and be recognized each year during their ceremonies.

For more information contact: <http://www.osagetribe.com/main_culture_overview.aspx>

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. In this story, the chief had a plan for finding the new symbol but was surprised by how his plan actually ended. Writing requires careful and thoughtful preparation and planning, but even with that you may find that what you start out to write changes as you go along. Can you talk about a piece you wrote and were surprised by the direction the writing took as you went along? Did you learn something about your own writing abilities through that experience?

2. The spider symbol in the story has traits that most students would find helpful along the way. Learning not to give up as you face challenges will carry you far toward reaching your educational goals. Persistence and patience can lead to good writing, good speaking, and college success. Can you share an experience you had when you were pleased with the results of your hard work, even when the task or assignment seemed too difficult to accomplish?

3. The chief had to rethink his definition of strength. He had no clue that a spider could teach his people anything, but in the end, he saw the value of the spider’s virtues. Public speaking is a skill that you will need to develop and, perhaps, rethink your ability to do so. Depending upon your personal characteristics, you may find this a difficult challenge. If in your culture, you have learned to watch, listen, and keep your thoughts to yourself, you will have to stretch out of your comfort zone to develop public speaking skills. How do you feel about speaking up in public? Have you ever delivered a speech in public?

**Chapter 8: Test Taking**

**General Content**

Please read the chapter on test taking and write a minimum of 100 words on any of these topics.  Then reply to 2 other students. Here are the options for your discussion:

1. Students often say, “I am not a good test taker.” What ideas in this chapter would be helpful to this student?

Look at this YouTube video, "Test Stress Reduction the Navy Seals Way."  This 3-minute video shows some ways to be successful “when the world is on fire.”  Can the Navy Seals techniques be used in college and in life in general?

<https://www.youtube.com/watch?v=0S9YsqERT34>

1. If you have difficulties with text anxiety, look at this video and summarize the key points:

<https://www.youtube.com/watch?v=PQd1QpiSLhM>

1. How do you study for a math test?

1. What is the ideal way to review for a test?

1. What are some disadvantages of cramming for a test and how can you avoid cramming?

1. What is your best idea for studying for exams?

1. Comment on another student's post.

**Talking Circle**

In this chapter you have been introduced to test taking strategies to not only assist you with improving college success, but also lifelong success as you may find the need to take tests throughout your career. You have discovered new techniques for preparing wisely and calmly for tests; explored tips for dealing with test anxiety by becoming physically and mentally prepared; explored a methodology for learning to develop a positive attitude toward difficult subjects like math; and you have explored specific success factors for successfully taking various types of tests.

The story you are about to read is one that comes to us from the Hopi Nation and it is the story of The Youth Who Brought the Corn. The Hopi live a very traditional life even in today’s modern world. They live primarily on reservation land and even though they have all the modern conveniences of city life, they practice a strict ceremonial social structure that, often times, revolves around the sustenance of life.

In this story you will meet a young character who must endure several challenging tests as he prepares to take a courageous journey to help his people. As you read this story, think about the correlations that may exist for you as a college student taking your courageous journey through higher education. College is challenging because you are learning about a new culture of higher education, new expectations for behavior and for improving your ability to learn. This can be a foreign experience for those who come from communities where few have attended college, or from communities that are group focused. College, in many ways, asks you to think and act as an individual, even though you may be a part of a close-knit community. As you build your confidence with test taking, you will be able to demonstrate your learning through an individual challenge—the exam. This takes courage, persistence, and belief in one’s own ability to be successful.

**The Youth Who Brought the Corn**

Based on a Hopi story

Long ago the ancient people lived in a wonderful land where there was an abundance of rain and the corn grew plentiful. Their gods had sent them a message to travel to new lands and eventually they came upon a land that was drier, but their gods advised them to make this their new home. It seemed the gods had forsaken them, but being a peaceful and obedient people, they built their new village.

The days passed and skies stayed clear with no rain in sight. The people began to worry and were filled with doubt about this new home. A wise old man came to them. His presence seemed to bring a peacefulness to their hearts, and he said to them, “Do not despair because your sadness gives Masauwuh strength. Masauwuh will feed upon your fears and bring evil days and hunt for spirits. My sisters are wives to the great Calako; pray to them and they will help you.”

With this the people built two altars to offer prayer sticks to Calako and ask for his help. They knew that when Calako appeared, his feet would set upon the earth and create a deep gorge. They brought big rocks for Calako to stand upon. After much labor, the men began to swing their rattles, but they did not know the magic song. As they stood quietly, afraid to go on, a youth stepped forward and took the largest rattle. He shook the rattle and sang a loud and melodic song.

Soon they heard loud gushing waters but saw no water. Then they heard the sound of whirling winds, but not even the feathers on the altars moved. As they looked at the largest rock on the altar, they noticed a deep hole had been pierced through, and from there the sounds emerged.

The people were terror-stricken and retreated, as they had never witnessed such an occurrence before. The youth stayed strong and a voice spoke to him, “I have heard your good song. Let the one with courage among you come down and greet the Germ God.” The young man responded, “I am strong, and I will help my people. Tell me how to enter the Underworld?” “Touch the rock and close your eyes,” said the voice.

With that, the boy touched the rock and the hole enlarged and seemed to pull him through. As he emerged from the rock, he saw a beautiful room adorned with abalone shells, sky blue turquoise, and deep red coral. Standing there was a divine being holding a shining shield in one hand and a yucca whip in the other. By his side sat his two wives who were exceedingly beautiful and arrayed with fine garments. They wore great headdresses of clouds and every kind of corn which they were to give to the Hopi to plant for food. These were white, red, yellow, blue, black, blue and white speckled, and red and yellow speckled corn, and a seeded grass (kwapi).

Calako said to the boy, “You will have to endure pain and suffering while you are here. But, if you survive and are strong of will, you can carry back to your people gifts of the highest value.”

The boy replied, “I am ready to take this challenge, my people are depending upon me.”

“Bow down before me, and we will see,” said Calako.

The god raised the Yucca whip and began to whip the boy’s back. Each searing stroke left a red welt across his young flesh. With his back bruised and swollen, the beatings finally stopped and through it all the boy never let a squeal or sob leave his lips.

Finally, Calako said, “You have proven yourself worthy, come with me to the altar.” There he gave the boy a plumed and beaded prayer stick and told him that each year the stick should be planted at the altar the people had built and in return, he would send good crops. Calako also gave the boy a pouch of corn seeds to plant and directed him to put his hands upon the rock. It opened and the boy crawled through to find his family and friends on the other side. The people were saddened to see his wounds, but the boy said, “Do not worry. The great Calako will provide for us. I will heal and I have survived the test of suffering that Calako presented me, and now I have these seedlings and this prayer stick for you, my people. Calako has appointed me to be the chief of his altar. We will have food for many seasons.”

The boy went on to lead his people as a chief and to teach others. After many other challenges, Calako eventually returned to them his blessings, and since that time the Hopi make a feast to Calako every year called Powamu. It is said that Calako challenges the Hopi youth to test their bravery to this day.

“I shall see our young braves and our chiefs sitting in the houses of law and government, ruling and being ruled by the knowledge and freedom of our great land. So shall we shatter the barriers of our isolation. So shall the next hundred years be the greatest and proudest in the proud history of our tribes and nations.” Chief Dan George, Salish

For more information about the Hopi Tribe of Arizona, visit their official tribal website at: <http://www.hopi-nsn.gov/>

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. The young boy in this story had to call upon an inner strength to be able to meet the challenge that Calako placed before him. Describe the source of your inner strength. What is it that you call upon when the going gets rough?

2. The young boy was asked to act independently as he took the challenge of visiting the underworld and bringing back the corn and the prayer stick. In the end, the boy received many gifts. What were some of those gifts? What gifts do you think you will receive as you learn to be a successful test taker? Who will benefit from your educational success?

3. Masauwuh is a god that threatens famine and takes weak spirits in this story. Some believe we all have challengers in our lives. These can be people that we know, circumstances we have experienced, or inner thoughts. What are some of your “Masauwuh” obstacles? How can you overcome these as they relate to test-taking and college success?

4. What characteristics do you share with the young boy?

**Chapter 9: Thinking Positively about the Future**

**General Content**

Over the years of my working with students, one of the lifetime goals most mentioned is "happiness." I'm not sure if we know what happiness is or when we have accomplished this goal. I just read a book on the topic, *Authentic Happiness*, by Martin Seligman. He is a psychologist who actually teaches college courses on this topic. The following are some excerpts from his text. Please read these excerpts, think about them and add your comments.   
  
Excerpts from Authentic Happiness by Martin Seligman:  
  
Real happiness comes from identifying, cultivating and using your personal strengths in work, love, play and parenting. Seligman contrasts happiness with hedonism. He says that a hedonist "wants as many good moments and as few bad moments as possible in life." He states that hedonism is a shortcut to happiness that leaves us feeling empty. For example, we often assume that more material possessions will make us happy. However, the more material possessions we have, the greater the expectations and we no longer appreciate what we have.   
  
Seligman suggests some ideas to increase happiness. 1. Realize that the past does not determine your future. The future is open to possibilities. 2. Be grateful for the good events of the past and place less emphasis on the bad events. 3. Build positive emotions through forgiving and forgetting. 4. Work on increasing optimism and hope for the future. 5. Find out what activities make you happy and engage in them. Spread these activities out over time so that you will not get tired of them. 6. Take the time to savor the happy times. 7. Take time to enjoy the present moment. 8. Build more flow into your life. Flow is the state of gratification we feel when totally absorbed in an activity that matches our strengths.   
  
Write at least 100 words on any of the ideas above.  What does happiness mean to you?  Share some of your intention statements for the future.

Read other students’ comments and reply to at least two of them.   
  
Your postings have been inspiring and awesome. Best wishes for the future!

**Talking Circle**

We have exposed you to many ideas in this book that we believe will help you be a successful college student and a contributing member of our world. Through the great tradition of storytelling, we have tried to connect Native-American history, spirituality, and philosophies to fundamental concepts related to college success. Read this story with intentionality about your college and life success.

**Coyote Creates the Earth**

This story was written by Larry Gauthier based on story from his great grandfather, Kem ma soom bun, an elder of the Woodland Cree.

Long ago there was no earth, only water. Coyote was floating around on a small raft when he met the ducks. They were the only other creatures. "My brothers," he said, "There is no one else around. It is no good to be alone like this. You must get me some earth so I can make things right."

He turned to the red-headed mallard. "Dive beneath this water and try to bring up some earth. We’ll use it as a means of living."

The red-headed mallard dove into the water. He remained down for a long time but came up without bringing any earth.

Coyote turned to the pinto duck, "I sent the older one, but he was not able to get any earth. Now I will let you try."

The pinto duck came up after a long time and said, "My brother, I was not able to get any."

"How is that? I thought surely you would bring some."

Then Coyote asked a smaller, blue-feathered duck to dive. "If you do not bring up any, we will have no land to live on."

He dived down, but he came up with no earth.

Coyote did not know what to do.

Then the grebe spoke up. "My older brother, you should have asked me to go before you asked these others. They are my superiors, but they are helpless." He took his turn diving and stayed down a long time. When he came up, Coyote asked, "What sort of luck did you have?"

"I have brought some." He had a little dirt between his webbed feet.

Coyote said, "To every undertaking there are always four trials. You have achieved it." Then he took the mud and said, "I will make this into the earth. You will live in the ponds and streams and multiply there where you can build your nests. Now, I am going to make this earth."

Coyote took the mud in his hand and he started in the east. "I will make it large, so we have plenty of room." As he traveled along, he spread the mud around and made the earth. He traveled like this for a long time going toward the west. When he had finished, he said, "Now that we have this earth, there are some things that want to be here."

They heard a wolf howling.

"Already there is one howling," said Coyote.

He pointed toward the Sun, which was going down, and said, "Listen, there is another one out there now." It was a coyote. "That coyote has attained life by his own powers," said Coyote. "He is great."

Then they all went for a walk. Out on the plains they saw some shining objects. When they got up close, they saw that these were medicine stones.

"This is part of the earth," said Coyote, picking up one of the stones which looked like a buffalo, "the oldest part. There shall be stones like this everywhere. They are separate beings."

When they had gone on some ways, they saw a person standing near a hill.

"Look," said Coyote, "there is a human being. He is one of the Stars, but now he is down here standing on the ground. Let’s go look at him."

When they got up close, the star-person changed himself into a plant. It was the tobacco plant. There were no other plants around at the time. It was the first. Coyote said, "From now on all people will have this plant. Take it in the spring and raise it. It is the Stars up above that have come down like this. They will take care of the people. Take care of this plant. It will be the means of your living. Use it in dancing.”

After that, Coyote found there was no grass. "This is no good." He made it. "Let us make some mountains, hills, and trees." He made them all.

He saw there were no fish in the creeks, so he put some there. This is the way he started the whole thing.

“Like the Thunderbird of old I shall rise again out of the sea; I shall grab the instruments of the white man's success, his education, his skills, and with these new tools I shall build my race into the proudest segment of your society.” Chief Dan George

Use these questions as a guide for your discussion post of at least 100 words. Then read the posts of other students and reply to at least 2 or them.

1. Coyote created the world. He saw what was needed and he made it. What do you see that is needed in your world? How will you create that which you need in your life?
2. The story talks about the interconnectedness of all things, living and nonliving. But all things are important and have a place and a contribution to the earth and to the universe. Even the small grebe, who saw himself as inferior to the others, was able to make a huge contribution to the creation of the world. Sometimes, we all have felt like a small grebe, but we go on and with perseverance and commitment, we accomplish things. Have you thought about the contributions you wish to make to the world? What are your top three contributions you would like to accomplish?
3. Coyote asked several creatures for help in bringing up some earth with no results. Just when he was wondering what to do, the grebe, his older brother, offered to help and was successful. Is there someone who can help you if you feel like giving up?
4. In the story, the human being was once a Star in the universe, then came to earth as a human, and changed himself into a tobacco plant to be used in ceremonies and in dancing. The human intentionally changed himself—transformed himself into a useful medicine. How will you intentionally change yourself while you are in college? How will your college education transform your life and your tribal or community world?
5. The concept of four is large in many Native American cultures. The four directions, four colors, four rounds of songs, four years of commitment to a sun dance ceremony, and so on. In this story, Coyote talks about four trials for every undertaking. Can you name four trials or obstacles you have had to overcome since you entered college? How does the concept of perseverance relate to the four trials for every undertaking?

**Discussion for Last Class**

**My Personal Philosophy**

For this discussion, write a 50-word statement of your personal philosophy. Since this statement is only 50 words, challenge yourself to think about what is most important in your life. For the second part of the discussion, find another student's statement that you like and state why you like it and provide encouragement to them.

Your personal philosophy is a statement about how you will live the best life possible. It is the road map for achieving your goals in life. In writing your personal philosophy, think about what is important in your life and what you believe is possible. It includes your beliefs, values, attitudes, and hopes for the future. It is your plan for becoming the best you can be. It also includes staying healthy over a lifetime.  This statement is valuable for two reasons:

1. It helps you to deal with changes and challenges in life and accomplish your goals.

2. It helps you to manage your time and keep yourself moving in the right direction. Ask yourself, "Will my actions in the present moment match my personal philosophy?"

Here are some items to consider in thinking about your personal philosophy: positive thinking, growth mindset, passions, interests, personal strengths, multiple intelligences, self-confidence, life's purpose, personal values, lifetime goals, family, friends, achieving happiness in life, staying healthy, honesty, doing good for others, preserving the environment, spirituality.

Here is an example of my personal philosophy of life in 50 words: (Customize here.)

I appreciate every day the gifts I have been given, including my intelligences, good health, and family.  My purpose is to leave the world and the people in it in better condition because I existed. I enjoy seeing the world, loving my family, challenging my potential, and facing each day with a positive attitude.

**Course Evaluation**

Our last online assignment is to evaluate your own progress in this course and also evaluate this class and the instructor.  **You will be graded on simply completing the assignment and not on your comments**.  Your evaluation of this class is important to me so that I can improve this class in the future.  You can write anything you want or use the following questions as a guide or to get ideas about what to write.  Your post should be at least 200 words.  I appreciate all of your comments.  It was great having each one of you in my class this semester.

1. Comment on the progress you made in this course.
2. Please tell what you liked about this class and how it was useful to you.
3. Do you have any suggestions for improving the class?
4. What is your evaluation of our e-text, Native American and First Nations College and Career Success?
5. What is your evaluation of the personality assessment, AchieveWORKS Personality (Introvert, Extravert, Sensing, Intuitive, Thinking, Feeling, Judging, and Perceptive)?
6. What is your evaluation of the AchieveWORKS Intelligences assessment? The purpose of this assessment is to help students think positively about their strengths (Musical, Interpersonal, Intrapersonal, Logical-Mathematical, Spatial, Bodily-Kinesthetic, Linguistic, Naturalist and Existential).  This assessment matched your personal strengths to careers.  Did you find it useful?
7. What is your evaluation of the AchieveWORKS Learning and Productivity assessment?
8. Was this class helpful learning about yourself in order to choose a major or confirm your choice of a major?
9. Did this class improve your chances for success in college?
10. What is your overall evaluation of this class?  (Outstanding, excellent, satisfactory, or needs improvement)
11. Please rate the instructor (me).  What was good and what could be improved?