**Student Learning Outcomes
*College and Career Success*, 10th Edition**

Students will:

1. Assess their personality types, multiple intelligences, interests, skills, and values as well as examine career trends and how their personal strengths might fit into the current job market. They will use this information to make an informed choice of a major and complete an educational plan.
2. Become lifelong learners by understanding motivation and practicing skills in time management, money management, reading, memory improvement, study skills, note taking, writing, speaking, and test taking.
3. Explore topics related to lifelong success such as communication and relationships; thinking critically and creatively; strategies for good mental and physical health; resiliency; happiness; and thinking positively about the future.

**Student Learning Outcomes, Objectives, Recommended Activities, and Assessment for Each Chapter**

**Chapter 1, Understanding Motivation**

**Student Learning Outcome**

Students will examine various motivational strategies and apply them to their success in college, in their careers, and in their personal lives.

**Objectives:**
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 in choosing 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.

**Recommended Activities**

Ice Breakers
Introduction Exercise
Finding Resources: The Digital Photo Scavenger Hunt
What Do I Want from College?
Roadblocks to College Success
Mindset Exercise
Grit Scale
Journal entries
Assignment: How to Change a Habit
Group activities/discussion related to motivational strategies

**Assessment**

Begin with Self-Assessment/Success Wheel (Pre-Test)
Journal entries
Chapter quizzes
Assignment: How to Change a Habit
Participation in group activities and discussion

**Chapter 2, Exploring Your Personality and Major**

**Student Learning Outcome**

Students will explore their personality types and related careers to decide on an appropriate major and career.

**Objectives:**

Students will:

1. Assess their personality types.
2. Describe their personality types and list majors that match their personal strengths.
3. Describe their ideal work environment based on personal preferences.
4. Describe how personality type affects decision making, learning strategies, time management, and money management.
5. Describe other factors to consider in choosing a major such as earnings and job outlook.
6. Reflect on how finding your passion is an important part of career planning.

**Recommended Activities**

TruTalent Personality Assessment
Journal Entries
Job Jar Activity
Personality Checklist
Group activities/discussions related to personality type and career exploration
Personality paper (describing personality type and at least one matching career)

**Assessment**

Completion of TruTalent Personality Assessment
Journal Entries
Chapter quizzes
Personality paper
Participation in group activities/discussion

**Chapter 3, Exploring Multiple Intelligences, Interests, and Values**

**Student Learning Outcome**

Students will explore their multiple intelligences, interests, and values to increase self-awareness and identify careers that match their personal characteristics.

**Objectives:**

Students will:

1. Assess their multiple intelligences.
2. Explore their multiple intelligences to identify their personal strengths and list careers that match these strengths.
3. Explain the concept of emotional intelligence and how it is related to career and personal success.
4. Assess their vocational interests and identify their three highest interests.
5. Research at least one career that matches their vocational interests.
6. Write a paragraph about balancing work, study, leisure and social life.
7. List their five most important values and explain how values are used in making important decisions.
8. Practice the steps in making good decisions, including career decisions.
9. Reflect on the importance of acting on one’s values.

**Recommended Activities**

The TruTalent Intelligences Assessment
The O\*Net Interest Profiler (link provided in Chapter 3 of *College and Career Success*)
Journal entries
Group activities/discussions on multiple intelligences, interests, values and decision-making

**Assessment**

Completion of the TruTalent Intelligences Assessment and the O\*Net Interest Profiler
Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 4, Planning Your Career and Education**

**Student Learning Outcome**

Students will complete an educational plan to match their major and career goals and begin to develop job seeking skills.

**Objectives:**

Students will:

1. Increase awareness of career trends of the future and how they affect career choice.
2. Assess their work skills needed for success in the 21st Century.
3. Research a career that matches their personality type, interests, skills, and values.
4. Review the basics of job interviewing, writing a cover letter, and constructing a resume.
5. Explore the concept of personal branding and how to use social media to find a job.
6. Create an educational plan to achieve their educational and career goals.
7. Reflect on useful ideas for dealing with unexpected events and crisis situations.

**Recommended Activities**

Make a draft of an educational plan and meet with a counselor/advisor to refine the plan.
Visit the Career Center to learn about career resources.
Research a career including description, career outlook, skills required, and pay.
Practice interviewing skills and create a one page resume.
Set up a nameplate website.
Participate in group activities/discussion on employment trends of the future and job seeking skills.
Complete the journal entries.

**Assessment**

Completion of the TruTalent Skills Assessment
Completion of an educational plan
Career paper (research at least one career including description, career outlook, skills required and pay)
Journal entries
Chapter quizzes
Exam, Part I, Careers
Participation in group activities/discussion

**Chapter 5, Managing Time and Money**

**Student Learning Outcome**

Students will utilize time and money management strategies to accomplish their short and long-term goals.

**Objectives:**

Students will:

1. Make a list of their lifetime goals.
2. List time management strategies to accomplish lifetime goals.
3. Examine their use of technology and how it affects time management and goal accomplishment.
4. Select effective strategies for dealing with procrastination.
5. Create an effective study schedule.
6. Identify money management techniques that lead to financial security.
7. List some ways to save money.
8. Find resources to pay for their education.
9. Reflect on how they can use priorities to manage their time.

**Recommended Activities**

My Lifetime Goals
Successful Goal Setting
Weekly Schedule
Weekly Schedule Analysis
Completion of a scholarship application
The College Student Tightwad Gazette
Group activities/discussion on time and money management techniques
Journal entries

**Assessment**

My Lifetime Goals
Are You Addicted to Technology?
Weekly Schedule
Scholarship application
Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 6, Improve Your Memory**

**Student Learning Outcome**

Students will practice research-based learning strategies to improve memory and learning.

**Objectives:**

Students will:

1. Explain how memory works and why we forget.
2. Practice research-based 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. Reflect on how positive thinking can be used to improve memory as well as success throughout life.

**Recommended Activities**

Visualization Activity
Memory Pre and Post Test
Elaboration Exercise
Memory Scenarios
Mnemonics Exercise
Journal entries

**Assessment**Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 7, Improve Your Study Skills**

**Student Learning Outcome**

Students will practice research-based learning strategies to enhance study skills, improve reading, and increase math success.

**Objectives:**

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.
2. Practice the SQ4R (survey, question, read, recite, review, reflect) 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.

**Recommended Activities**

The TruTalent Learning and Productivity Assessment
Using Multiple Senses to Improve Learning
Understanding Multi-sensory Integration
Understanding the Power of Visual Learning
Survey and Question a Chapter
Check your Textbook Reading Skills
Becoming an Efficient College Reader

**Assessment**

Math Success Checklist
Check your Textbook Reading Skills
Becoming an Efficient College Reader

**Chapter 8, Taking Notes, Writing and Speaking**

**Student Learning Outcome**

Students will practice strategies for effective note taking, writing, and speaking in college and careers.

**Objectives:**

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 ethical use of Artificial Intelligence (AI) in POWER writing (preparation, organization, writing, editing and revising) for college writing projects.
7. Increase awareness of plagiarism and how to avoid it.
8. Review strategies for effective public speaking.
9. Reflect on how being selective and focusing on what is most important can contribute to success in college and in life.

**Recommended Activities**

Note Taking Checklist/Evaluate your Note Taking Skills
Practice taking notes using the Cornell Format or a mind map
Free Writing Exercise
One Minute Speech
Journal entries
Group activities/discussion taking notes, writing and speaking

**Assessment**

Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 9, Test Taking**

**Student Learning Outcome**

Students will practice strategies for test preparation, taking tests, and coping with test anxiety.

**Objectives:**

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.

**Recommended Activities**

Test Taking Checklist/Analyze Your Test-Taking Skills
Test Anxiety Inventory
Journal entries
Group activities/ discussion on test preparation, taking tests and test anxiety

**Assessment**

Test Taking Checklist/Analyze Your Test-Taking Skills
Journal entries
Chapter quizzes
Exam, Part II, College Success
Participation in group activities/discussion

**Chapter 10, Communication and Relationships**

**Student Learning Outcome**

Students will analyze their communication style based on their personality type and practice effective communication techniques that can be used to improve personal and professional relationships.

**Objectives:**

Students will:

1. Describe how their personality type affects their communication style.
2. Practice effective communication techniques.
3. List 3 ways to improve communication and listening skills.
4. Describe techniques for dealing with conflict and problem resolution.
5. Discuss ways to improve relationships.
6. Reflect on positive ways to deal with failure and mistakes.

**Recommended Activities**

Communication Scenarios
Your Personal Communication Style
Journal entries
Group activities/discussion on communication and relationships

**Assessment**

Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 11, Thinking Critically and Creatively**

**Student Learning Outcome**

Students will identify fallacies in reasoning, increase awareness of the scientific method, describe cognitive biases, practice the steps in critical thinking, examine moral reasoning scenarios, and practice creative thinking techniques.

**Objectives:**

Students will:

1. Describe the critical thinking process.
2. Provide examples of fallacies in reasoning.
3. Apply critical thinking to problem scenarios.
4. Increase awareness of the scientific method.
5. Examine cognitive biases.
6. Use Kohlberg’s stages of moral reasoning to analyze a problem scenario.
7. Describe the creative thinking process.
8. Apply creative thinking to generate new ideas and alternatives.
9. Reflect on the use of humor and relaxation in dealing with difficult situations.

**Recommended Activities**

Critical Thinking Exercise
Cognitive Bias Matching Exercise
Brainstorming Exercise
Moral Reasoning Exercise
Journal entries
Group activities/discussion on critical and creative thinking

**Assessment**

Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 12, Empower Yourself: Strategies for Success**

**Student Learning Outcome**

Students will practice strategies for good mental and physical health and increasing resilience.

**Objectives:**

Students will:

1. Make a list of their character strengths and describe how they can be used to achieve goals and increase resilience.
2. Make a list of strengths from family, culture, and community.
3. Increase awareness of thoughts and emotions to improve mental wellbeing.
4. Apply resilience strategies to overcome challenges in life.
5. Practice stress reduction and relaxation techniques.
6. Increase awareness of healthy habits such as a balanced diet, regular exercise, and getting enough sleep
7. Increase awareness of harmful substances such as alcohol, nicotine, and drugs.
8. Write a statement of life purpose.
9. Seek help when needed.

**Recommended Activities**

Values in Action (VIA) Character Survey
Strengths from Family, Culture, and Community
Practice with Reframing Negative Thoughts
Resilience Exercise
Videos: Mindfulness, Progressive Muscle Relaxation
Reflecting on Life Purpose

**Assessment**

Journal entries
Chapter quizzes
Participation in group activities/discussion

**Chapter 13, Thinking Positively about the Future**

**Student Learning Outcome**

Students will apply positive thinking strategies to their future college, career, and lifelong success and examine the process of making positive changes in their lives.

**Objectives:**

Students will:

1. List five qualities of a meaningful and satisfying career.
2. Discuss strategies for positive thinking to increase career and personal success.
3. Read theories from the psychology of happiness and identify ideas they can apply to their personal lives.
4. Make a list of intention statements about achieving future happiness in life.
5. Examine the process of making positive changes in their lives.
6. Reflect on “You are What You Think.”

**Recommended Activities**

Letter to Self
Visualize Your Success
Happiness Is . .
Journal entries
Group activities/discussion on positive thinking

**Assessment**

Self-Assessment/Success Wheel (Post Test)
Journal entries
Chapter quizzes
Exam Part III, Lifelong Success
Participation in group activities/discussion