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

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 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, Choosing Your Major**

**Student Learning Outcome**

Students will explore their personality types, multiple intelligences, interests, skills, and values. They will match their personal strengths to potential careers and an appropriate major.

**Objectives:**

Students will:

1. Assess their personality types and identify their personal strengths to match them to potential careers and an appropriate major.
2. Describe the steps in making a career decision.
3. Describe their ideal work environment based on personality preferences.
4. Explore their multiple intelligences to identify personal strengths and matching careers.
5. Explain the concept of emotional intelligence and how it is related to career and personal success.
6. Assess their vocational interests and identify their three highest interests.
7. List their five most important values and explain how values are used in making important decisions.
8. Reflect on the importance of acting on one’s values.
9. Assess their work skills for success in the 21st Century.
10. Examine career trends for 2019-2029.
11. Describe other factors to consider in choosing a major such as earnings and job outlook.
12. Reflect on how finding your passion is an important part of career planning.

**Recommended Activities**

TruTalent Personality, Intelligences, and Skills Assessments   
Journal Entries   
Job Jar Activity  
Personality Checklist  
Group activities/discussions related to personality type and career exploration  
Personality paper (describing personal strengths and at least one matching career)

**Assessment**

Completion of the TruTalent Personality, Intelligences, and Skills Assessments  
Journal Entries  
Chapter quizzes  
Personality paper  
Participation in group activities/discussion

**Chapter 3, 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 4, 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 5, 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 6, 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 7, 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 8, 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. Make a list of intention statements about achieving future happiness in life.
10. 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  
Success Is . . .  
Happiness Is . . .

**Assessment**

Journal entries  
Chapter quizzes  
Participation in group activities/discussion