**Student Learning Outcomes  
*College and Career Success*, Concise 8th Edition**

Students will:

1. 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.
2. Assess their personality types and explore how their personal strengths fit into the current job market. They will use this information to make an informed choice of a major and complete an educational plan.

**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 career, and in their 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 to choose 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  
Journal entries   
Chapter quizzes  
Assignment: How to Change a Habit  
Participation in group activities/discussion

**Chapter 2, Choosing Your Major**

**Student Learning Outcome**

Students will explore their personality types, multiple intelligences, interests, and values along with related careers to decide on an appropriate major and career.

**Objectives:**

Students will:

1. List and explain the different personality types.
2. Describe their personality types and list majors that match their type.
3. Explain how personality type is related to choice of a major and career.
4. Describe their ideal work environment based on personality type
5. Explore their multiple intelligences to identify personal strengths and matching careers.
6. Explain the concept of emotional intelligence and how it is related to career and personal success.
7. Assess their vocational interests and identify their three highest interests.
8. List their five most important values and explain how values are used in making important decisions.
9. Reflect on the importance of acting on one’s values.
10. Describe other factors to consider such as earnings and job outlook in choosing a major.
11. Reflect on how finding your passion is an important part of career planning.

**Recommended Activities**

AchieveWORKS Personality and Intelligences assessments   
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 DWYA  
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. Select time management strategies to accomplish lifetime goals.
3. Evaluate how they deal with procrastination.
4. Create an effective study schedule.
5. Identify money management techniques that lead to financial security.
6. List some ways to save money.
7. Find resources to pay for their education.
8. 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  
Weekly Schedule  
Scholarship application  
Journal entries  
Chapter quizzes  
Participation in group activities/discussion

**Chapter 4, Using Brain Science to Improve Memory**

**Student Learning Outcome**

Students will practice practical learning strategies based on brain science to improve memory and learning.

**Objectives:**

Students will:

1. Explain how the memory works and why we forget.
2. Practice memory techniques which 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. Make a plan for keeping their brain healthy throughout life.
5. 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, Using Brain Science to Improve Study Skills**

**Student Learning Outcome**

Students will practice practical learning strategies based on brain science and apply them to reading and math.

**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 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**

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.

**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 use of preparation, organization, writing, editing and revising (POWER writing) for college writing projects.
7. Review strategies for effective public speaking.
8. 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, Thinking Positively about the Future**

**Student Learning Outcome**

Students will apply positive thinking strategies to their future college, career and lifelong success.

**Objectives:**

Students will:

1. Discuss strategies for positive thinking and identify strategies that can be used in their career and personal lives.
2. Read theories from the psychology of happiness and identify ideas they can apply to their personal lives.
3. Make a plan for future happiness.
4. 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  
Journal entries  
Chapter quizzes  
Exam Part III, Lifelong Success  
Participation in group activities/discussion