

1. Personal Awareness: Knowing Myself

Motivation Check: Do I really know myself?

- Develop a sense of purpose and the motivation to succeed
- Prioritize personal and work values
- Identify personality type and the strengths and challenges associated with it
- Assess multiple intelligences and learn personalized strategies for academic success
- Identify work and academic related interests
- Measure and understand the importance of academic self-efficacy for success in school

2. Higher Education Awareness: How to Thrive on Campus

Motivation Check: What can I gain from higher education?

- Understand what a typical day, semester, and year in higher education look like
- Know expectations on campus, in course load, and from instructors
- Become familiar with the structure and purpose of different programs and higher education majors
- Increase awareness of extracurricular activities and the advantages of being involved
- Become aware of campus resources, such as health, financial aid, and other student services

3. Career Awareness: More Than a “Job”

Motivation Check: What can I gain from different careers?

- Know how to find and use various sources of career information
- Understand how careers are classified and how that helps in finding a career match
- Know how to interpret a career profile and what different pieces of career information mean
- Expect and prepare for multiple careers over the course of a lifetime

4. Goal Setting and Planning: Preparing for Success

Motivation Check: How do I choose my goals?

- Understand the processes and importance of decision making
- Understand the goal-setting process and establish meaningful short-term and long-term goals
- Create action plans to achieve short and long-term goals
- Develop strategies to follow and/or modify plans using sound decision making and adaptive strategies

5. Learning and Productivity: Being More Effective

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

- Understand the effect of mindset, grit, self-control and motivation on achievement

5. Learning and Productivity: Being More Effective, cont'd.

- Understand what critical and creative thinking are and how to apply them
- Use learning styles and metacognition to maximize learning potential
- Optimize key academic skills:

i. Using Technology	v. Memory
ii. Listening & Taking Notes	vi. Writing
iii. Reading	vii. Studying & Test Taking
iv. Research & Information Analysis	

6. Communication, Collaboration and Leadership: Working with Others

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

- Learn effective communication skills
- Learn effective collaboration and conflict resolution skills
- Learn effective leadership skills

7. Career Readiness: Finding My Fit

Motivation Check: How do I know if I will love my career?

- Use mentoring, apprenticeships, internship and volunteering to prepare for careers
- Gain awareness of work trends and workplace expectations
- Understand how to use technology to promote career potential
- Become proficient with resumes, job interviews and other aspects of the job application process

8. Life Skills: Money, Health and Life Balance

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

- Understand access to, and consequences of, different forms of financial aid
- Learn money management skills for higher education and beyond
- Discover strategies to deal with and manage stress
- Understand the impact of drugs and alcohol on school, work and personal life
- Learn how to balance proper nutrition, fitness, and leisure
- Learn time management and prioritization skills

Bonus: Title IX and Campus SaVE Module

- Understand student rights on campus
- Understand the institution's legal responsibilities regarding student safety and well-being
- Learn to define sex discrimination and know what constitutes sexual violence
- Know how to protect oneself, respond to and report incidents, and use available campus resources