

## 1. Cultural Identity and Success

Examine the connection between culture and success in college, careers and life.

**Students will:**

1. Discuss the importance of taking pride in their culture as the basis for college and career success, good mental health, and success in life.
2. Identify Hawaiian values and how they are important for success.
3. Review the history of education in Hawai'i and the revival of pride in Hawaiian and Pacific Island cultures.
4. Discuss strategies for navigating different cultures and finding a safe place.
5. Read and discuss Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 2. Understanding Motivation

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

**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 three 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
7. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 3. Choosing Your Major

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.

**Students will:**

1. Assess their personality types and identify their personal strengths and 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 personal 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. Assess their work skills for success in the 21st century.
9. Examine career trends for 2019-2029.
10. Describe other factors to consider in choosing a major, such as earnings and job outlook.
11. Create an educational plan to achieve their educational and career goals.
12. Reflect on how finding your passion is an important part of career planning.
13. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 4. Managing Time and Money

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

**Students will:**

1. Make a list of their lifetime goals.
2. Select 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.
10. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 5. Using Brain Science to Improve Memory

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

**Students will:**

1. Explain how the memory works and why we forget.
2. Practice memory techniques that can be used to remember college material.
3. List at least three 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. Practice relaxation techniques to enhance well-being and prepare for learning.
6. Reflect on how positive thinking can be used to improve memory, as well as success throughout life.
7. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 6. Using Brain Science to Improve Study Skills

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

**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.
8. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 7. Taking Notes, Writing and Speaking

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

**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.
9. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 8. Test Taking

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

**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 five 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.
7. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.

## 9. Thinking Positively about the Future

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.

**Students will:**

1. Discuss strategies for positive thinking to increase career and personal success.
2. Read theories from the psychology of happiness and identify ideas they can apply to their personal lives.
3. Make a list of intention statements about achieving future happiness in life.
4. Examine the process of making positive changes in their lives.
5. Reflect on "You are What You Think."
6. Read Hawaiian and Pacific Island stories and proverbs and connect them to strategies for success in the modern world.