

1. The Spirit Essence of All We Do: Cultural Identity and Success

Students will examine the connection between cultural identity and success in college, careers, and life.

Students will:

1. Describe their cultural identity and share what makes them proud of their culture.
2. Discuss the relationship between culture, good mental health, and success in college, careers and life.
3. Discuss the brief history of higher education for Native students, including the rebirth of education based on cultural identity.
4. Describe the role of family and community in college, career, and lifelong success.
5. List strategies for overcoming obstacles to success and navigating both Native culture and the culture of higher education.
6. Describe personal strengths as related to culture.
7. Increase awareness of health issues facing Native students and strategies for well-being.
8. Discuss suggestions for successful learning from the Native perspective.
9. Read Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

2. Dreams Bring Knowledge: Understanding Motivation

Students will examine various motivational strategies and apply them to their success in college, their career, and their 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 Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

3. Walk with Nature as One: Choosing Your Major

Students will explore their personality types, multiple intelligences, interests, skill 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.
3. 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 Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

4. The Moon Will Smile at Your Courage: Managing Time and Money

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

Students will:

1. Discuss the Native concept of time and implications for college, career, and lifelong success.
2. Make a list of their lifetime goals.
3. Select time management strategies to accomplish lifetime goals.
4. Examine their use of technology and how it affects time management and goal accomplishment.
5. Select effective strategies for dealing with procrastination.
6. Create an effective study schedule.
7. Identify money management techniques that lead to financial security.
8. List some ways to save money.
9. Find resources to pay for their education.
10. Reflect on how they can use priorities to manage their time.
11. Read Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

5. The Earth Sings the Same Song It Sang to My Ancestors: Using Brain Science to Improve Memory

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

Students will:

1. Discuss Native ways of knowing and how it can be used to study in college.
2. Explain how the memory works and why we forget.
3. Practice memory techniques that can be used to remember college material.
4. List at least three memory techniques and explain how they can be used to remember what they study.
5. Make a plan for keeping their brain healthy throughout life.
6. Practice relaxation techniques to enhance well-being and prepare for learning.
7. Reflect on how positive thinking can be used to improve memory, as well as success throughout life.
8. Read Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

6. The Rainbow Will Rise Full Circle: Using Brain Science to Improve Study Skills

Students will practice science-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. Assess their learning and productivity preferences.
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 Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

7. Listen to the Trees Talk: 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 Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

8. Walk with Bare Feet on the Earth: Test Taking

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

Students will:

1. Explore the practice of smudging as a way to maintain good mental health and relax.
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 Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.

9. Walking in Beauty and Harmony: 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 Native American stories and participate in the talking circle that relates traditional practices to success in the modern world.