

# TABLE of CONTENTS

<b>Introduction</b>		xix
<b>I. The Discovery Experience and You</b>		
<b>Chapter 1</b>	Understanding the College Scene: Right from the Start	1
<b>Chapter 2</b>	Becoming Familiar with Campus Resources	20
<b>II. The Learning Experience and You</b>		
<b>Chapter 3</b>	Managing Your Time: A “POSITIVE” Approach	47
<b>Chapter 4</b>	Getting the Most Out of Your Textbooks: Reading, Studying, and Remembering	73
<b>Chapter 5</b>	Learning Styles in the Classroom: Listening, Taking Notes, and Participating	103
<b>Chapter 6</b>	Succeeding on Exams	132
<b>Chapter 7</b>	Researching and Writing an Academic Paper: An Introduction	161
<b>III. The Personal Experience and You</b>		
<b>Chapter 8</b>	Money Matters: Gaining Financial Literacy	191
<b>Chapter 9</b>	Keeping Healthy and Safe	220
<b>Chapter 10</b>	Adjusting Emotionally	251
<b>IV. The Social Experience and You</b>		
<b>Chapter 11</b>	Developing and Maintaining Healthy Relationships through Positive Communication	276
<b>Chapter 12</b>	Appreciating Diversity	303
<b>V. The Planning Experience and You</b>		
<b>Chapter 13</b>	Selecting a Major and Identifying a Potential Career	325
<b>Chapter 14</b>	Preparing to Move Forward	353
<b>Glossary</b>		377
<b>Endnotes</b>		385
<b>Index</b>		395
<b>Credits</b>		407

# TABLE of CONTENTS

<b>PREFACE</b>	xiii	<b>THE MOTIVATION TO SUCCEED</b>	13
<b>ACKNOWLEDGMENTS</b>	xvi	<b>Exercise 4: The Motivation Thermometer</b>	13
		<b>Status Check</b>	15
<b>INTRODUCTION</b>	xix	<b>Exercise 5: Status Check for Your Attitudes and Experiences</b>	15
<i>Self-Assessment: Who Are You and What Are Your Goals?</i>	xx	<i>Thinking Critically About Understanding the College Scene: Right from the Start</i>	16
<b>What Are Your Goals?</b>	xxi	<i>Online Learning</i>	16
<b>Setting Smart Goals</b>	xxi	<i>Chapter Challenge: Are You As Smart As a College Freshman?</i>	17
<b>Exercise: What Is Your SMART Goal?</b>	xxii	<i>Key Chapter Strategies</i>	18
<b>Acquiring Control</b>	xxiii	<i>Can You Recall It?</i>	18
		<i>Web Activity: Learning More About Your College</i>	19
		<i>Reflection Time: Achieving Your Goals by Understanding the College Scene: Right from the Start</i>	19
<b>PART 1:</b>		<b>CHAPTER 2</b>	
<b>THE DISCOVERY EXPERIENCE AND YOU</b>		<b>BECOMING FAMILIAR WITH CAMPUS RESOURCES</b>	20
<b>CHAPTER 1</b>		<i>Self-Assessment: How Was Your Visit?</i>	21
<b>UNDERSTANDING THE COLLEGE SCENE: RIGHT FROM THE START</b>	1	<b>Campus Resources and Services</b>	22
<i>Self-Assessment: Challenges and Opportunities</i>	2	<b>ACADEMIC RESOURCES</b>	23
<b>Top Ten Tips from Seniors</b>	3	<b>Registrar's Office</b>	23
<b>Categories of Colleges</b>	4	<b>Will's Suggestions for Getting a Great Schedule</b>	23
<b>DO YOU KNOW THAT YOUR COLLEGE WANTS YOU TO SUCCEED?</b>	5	<b>Academic Advising</b>	24
<b>The Administration</b>	5	<b>Popular Questions for an Advisor</b>	24
<i>Student Affairs</i>	5	<b>Disabilities Office</b>	25
<b>The Faculty</b>	6	<b>Academic Support</b>	25
<b>Exercise 1: Who Teaches You?</b>	6	<i>Reading-Learning Lab</i>	25
<i>Secrets for Success with Professors</i>	7	<i>Tutoring Service</i>	25
<i>Selecting Professors for a Class</i>	8	<i>Math Center</i>	25
<b>The Support Staff</b>	8	<i>Writing Center</i>	25
<b>THE INFORMATION YOU NEED TO SUCCEED</b>	9	<i>Foreign Language Lab</i>	26
<b>College Jargon</b>	9	<i>Computer Lab</i>	26
<b>Exercise 2: Learning the Lingo</b>	10	<i>English as a Second Language (ESL) Lab</i>	26
<b>Student Rights and Responsibilities</b>	10	<b>Bookstore</b>	26
<i>Student Rights</i>	10	<b>Library</b>	26
<i>Freedom of Speech</i>	11	<b>Exercise 1: Investigating the Library</b>	27
<i>Student Responsibilities</i>	11	<b>Study Abroad</b>	28
<b>Using Your College Website</b>	12	<b>ROTC (Reserve Officer Training Corps)</b>	28
<b>Exercise 3: Catalog Surfing</b>	12	<b>Finding a Mentor</b>	28
		<b>Additional Academic Resources Available at Your College</b>	29

<b>STUDENT ACTIVITIES AND SERVICES</b>	30
<b>Activities</b>	30
Student Organizations	30
Volunteering—Civic Engagement	30
<b>Community Resources</b>	31
Performing Arts	31
Competitive Teams	31
<b>Exercise 2: Implementing Involvement</b>	31
<b>Support Services</b>	33
Financial Aid	33
Bursar's Office	33
Career Center	33
Dean of Students Office	33
Residential Life	34
Multicultural Student Office	34
International Student Office	34
<b>Exercise 3: Map Quest</b>	35
<b>Additional Student Activities and Services Available at Your College</b>	36
<b>RESOURCES FOR YOUR HEALTH AND SAFETY</b>	37
<b>Physical Care</b>	37
Wellness Center	37
Health Service	37
<b>Mental Care</b>	37
Counseling Center	37
Chaplains	38
Sexual Harassment Policy	38
<b>Safety</b>	38
Campus Police Department	38
<b>Additional Resources for Your Health and Safety Available at Your College</b>	39
<b>Exercise 4: Here's Help</b>	40
<b>FROM RESOURCES TO RESOURCEFUL</b>	41
Thinking Critically About Campus Resources	42
Online Learning	42
Chapter Challenge: <i>Feeling Lost As a New Student on Campus</i>	43
Key Chapter Strategies	44
Can You Recall It?	44
Web Activity: <i>Site Inspection</i>	45
Reflection Time: <i>Achieving Your Goals by Becoming Familiar with Campus Resources</i>	46

## PART TWO: THE LEARNING EXPERIENCE AND YOU

### CHAPTER 3

#### MANAGING YOUR TIME: A "POSITIVE" APPROACH

Self-Assessment: <i>What Is Your Typical Daily Schedule?</i>	47
<b>MANAGING A COLLEGE SCHEDULE: IT'S ABOUT TIME</b>	51

#### Two Extreme Examples

Student #1: <i>Manny</i>	51
Student #2: <i>Liz</i>	51
Comment on <i>Manny and Liz</i>	51

<b>Exercise 1: Which Schedule Is More Challenging?</b>	52
--	----

#### WHAT IS "POSITIVE" TIME MANAGEMENT?

##### Prioritizing Tasks

Rate Your Ability to Prioritize Tasks	53
List Strategies to Implement to Improve Prioritizing Tasks	54

##### Operating Efficiently

Rate Your Ability to Operate Efficiently	54
List Strategies to Implement to Improve Operating Efficiently	55

##### Scheduling Time

The magic number is...168	55
<b>Exercise 2: What Is Your Schedule?</b>	56

Rate Your Ability to Schedule Time	57
List Strategies to Implement to Improve Scheduling Time	57

##### Itemizing a "To Do" List

#### Sample "To Do" List of Academic Priorities

<b>Exercise 3: Preparing an Academic "To Do" List</b>	58
Rate Your Ability to Itemize a "To Do" List	59

List Strategies to Implement to Improve Itemizing a "To Do" List	61
--	----

##### Tackling Procrastination

#### Self-Talk to Tackle Procrastination

Rate Your Ability to Tackle Procrastination	61
List Strategies to Implement to Improve Tackling Procrastination	62

##### Ignoring Distractions

To Multitask or Not to Multitask?	63
Rate Your Ability to Ignore Distractions	64
List Strategies to Implement to Improve Ignoring Distractions	64

<b>Visualizing Success</b>	65
<b>Exercise 4: Visualizing Success</b>	65
<i>Rate Your Ability to Visualize Success</i>	66
<i>List Strategies to Implement to Improve Visualizing Success</i>	66
<b>Enjoying Your Achievements</b>	66
<b>Exercise 5: Applying Time Management Principles</b>	66
<i>Rate Your Ability to Enjoy Your Achievements</i>	67
<i>List Strategies to Implement to Improve Enjoying Your Achievements</i>	67
<i>Thinking Critically About Time Management Online Learning</i>	68
<i>Chapter Challenge: No Timeouts for Student Athletes</i>	69
<i>Key Chapter Strategies</i>	70
<i>Can You Recall It?</i>	70
<i>Web Activity: Thinking Positively About Time Management</i>	71
<i>Reflection Time: Achieving Your Goals by Using the POSITIVE Approach to Time Management</i>	72

## CHAPTER 4

### GETTING THE MOST OUT OF YOUR TEXTBOOKS: READING, STUDYING, AND REMEMBERING

<i>Self-Assessment: Penny Wise</i>	74
------------------------------------	----

### THE ULTIMATE READING SKILLS FOR COLLEGE SUCCESS

<b>How to Pre-read Your Textbook Assignment</b>	76
<b>Two Ways to Define Words without Using a Dictionary</b>	77
<i>Using Context Clues</i>	77
<b>Common Types of Context Clues</b>	77
<b>Exercise 1: Context Clues Views</b>	78
<b>Using Word Parts</b>	81
<b>Fourteen Words That Unlock the Meaning to Over 14,000 Words</b>	82
<b>How to Read Your Textbook Assignment</b>	83
<b>Critical Thinking Applied to Reading</b>	85
<b>Critical Thinking Applied to Vocabulary</b>	85
<b>Exercise 2: Caution: Critical Reading Skills at Work</b>	86
<b>How to Review Your Textbook Assignment</b>	88

<b>BEST STUDY PRACTICES FOR COLLEGE SUCCESS</b>	89
“Study Smart” Suggestions for Organizing The SQ3R Study Technique	89
<b>SQ3R Overview</b>	91
<b>Exercise 3: Use SQ3R to Study a Textbook Assignment</b>	92
<b>REMEMBERING</b>	94
<b>Exercise 4: Self-Assessment Follow-up: Penny Wise</b>	94
<b>Intent to Remember</b>	95
<b>Positive Memory Steps for College Students</b>	96
<b>Two Methods for Remembering</b>	96
<i>Thinking Critically About Getting the Most Out of Your Textbooks:</i>	
<i>Reading, Studying, and Remembering</i>	97
<i>Online Learning</i>	98
<i>Key Chapter Strategies</i>	98
<i>Chapter Challenge: Learning to Learn</i>	99
<i>Can You Recall It?</i>	100
<i>Web Activity: Critical Thinking About Cartoons</i>	101
<i>Reflection Time: Achieving Your Goals by Getting the Most Out of Your Textbooks: Reading, Studying, and Remembering</i>	102

## CHAPTER 5

### LEARNING STYLES IN THE CLASSROOM: LISTENING, TAKING NOTES, AND PARTICIPATING

<i>Self-Assessment: And the Survey Says...</i>	104
<b>“LISTEN UP” IN THE CLASSROOM</b>	108
<b>Exercise 1: Turn the Table: Evaluate Your Professor</b>	109
<b>Summary of Listening Competencies for the College Classroom</b>	111
<b>The Final Four Listening Strategies</b>	111
<i>Listening Behavior</i>	111
<i>Active Listening</i>	112
<i>Critical Listening</i>	112
<b>Three Types of Fallacies for Critical Listening</b>	113
<i>Note-Taking</i>	113
<b>Listening to Podcast Lectures</b>	114
<b>SIMPLE SOLUTIONS TO NOTE-TAKING</b>	114
<b>Basic Training for Taking Notes</b>	115
<b>Secrets for Taking Notes from Lectures: A Proven Method</b>	115
<b>Cornell Note-taking System</b>	115
<i>Before the Lecture</i>	116
<i>During the Lecture</i>	116
<i>After the Lecture</i>	116
<b>Exercise 2: Cornell Note-taking in Action</b>	117

Using Laptops for Note-Taking in the Classroom	118	Test-Smart Tips for Multiple-Choice Questions	143
Four Main Methods for Taking Notes from Textbooks	118	<i>Demonstration Multiple-Choice Questions</i>	144
<i>Method One: Underlining/Highlighting Information in Textbooks</i>	119	<i>Answers with Explanations for Multiple-Choice Questions</i>	145
<i>Method Two: Outlining Information in Textbooks</i>	120	Test-Smart Tips for Short Answer/Identification/Fill-in-the-Blank Questions	145
<i>Method Three: Summarizing Information in Textbooks</i>	121	<i>For Short Answer/Identification Questions</i>	145
<i>Method Four: Mapping Information in Textbooks</i>	121	<i>For Short Fill-in-the-Blank Questions</i>	146
<b>Exercise 3: Noting Results</b>	122	Test-Smart Tips for Matching Questions	146
<b>CLASS PARTICIPATION—GETTING STARTED YESTERDAY</b>	123	<i>Demonstration Matching Questions</i>	147
<b>Why Participate</b>	123	<i>Answers with Explanations for the Matching Questions</i>	147
<b>How to Participate If You Are Uncomfortable</b>	124	Test-Smart Tips for Open Book and Open Note Questions	148
<i>The Required Classroom Oral Presentation</i>	124	<i>Demonstration Open Book and Open Note Question</i>	148
<b>Action Plan for Giving Classroom Presentations</b>	125	<i>Explanation for the Open Book and Open Note Question</i>	148
<i>How to Relax for Classroom Presentations</i>	126	Test-Smart Tips for Oral Questions	149
<i>Thinking Critically About Learning Styles in the Classroom: Listening, Note-taking, and Participating</i>	127	<i>Demonstration Oral Exam Question</i>	149
<i>Online Learning</i>	127	<i>Explanation for the Oral Exam Question</i>	149
<i>Chapter Challenge: You Don't Have the Right to Remain Silent</i>	128	Test-Smart Tips for Take-Home Questions	150
<i>Key Chapter Strategies</i>	129	Test-Smart Tips for Essay Questions	150
<i>Can You Recall It?</i>	129	Key Action Words for Essay Questions	152
<i>Web Activity: YouTube and You</i>	130	<i>Demonstration Essay Question</i>	153
<i>Reflection Time: Achieving Your Goals through Learning Styles in the Classroom: Listening, Taking Notes, and Participating</i>	131	<i>Explanation for Essay Question</i>	153
		<b>Exercise 2: Key In to Key Words</b>	154
		<b>Celebrating Your Success on Exams</b>	154
		<i>Thinking Critically About Succeeding on Exams</i>	155
		<i>Online Learning</i>	155
		<i>Chapter Challenge: The Big Test</i>	156
		<i>Key Chapter Strategies</i>	157
		<i>Can You Recall It?</i>	157
		<i>Web Activity: Design a Test For Your Partner</i>	158
		<i>Reflection Time: Achieving Your Goals by Succeeding on Exams</i>	160
<b>CHAPTER 6</b>		<b>CHAPTER 7</b>	
<b>SUCCEEDING ON EXAMS</b>	132	<b>RESEARCHING AND WRITING AN ACADEMIC PAPER: AN INTRODUCTION</b>	161
<i>Self-Assessment: This Is <u>Not</u> a Test</i>	133	<i>Self-Assessment: Me, Myself, and I—Writing</i>	162
<b>IS THIS GOING TO BE ON THE TEST?</b>	135	<b>DEFINING AN ACADEMIC PAPER</b>	164
<b>Questions and Suggestions for Managing Test Stress</b>	135	<b>Six Simple but Powerful Prewriting Tips</b>	165
<i>Before a Test</i>	135		
<i>During a Test</i>	137		
<i>After the Test</i>	139		
<b>Exercise 1: A Helping Hand</b>	141		
<b>TEST-SMART TIPS FOR TAKING 8 DIFFERENT TYPES OF TESTS</b>	142		
<b>Test-Smart Tips for True-False Questions</b>	142		
<i>Demonstration True-False Questions</i>	143		
<i>Answers with Explanations for the True-False Questions</i>	143		



<b>THE PROCESS FOR WRITING AN ACADEMIC PAPER</b>	165
Step 1: Choose a Topic and Narrow It	166
Exercise 1: Narrower and Narrower	167
Step 2: Develop a Thesis Statement	169
Examples of Weak and Successful Thesis Statements	170
Exercise 2: Writing a Thesis Statement	171
Step 3: Complete a Literature Review and Revise the Thesis	172
Where to Go to Complete a Literature Review	172
Internet Sites	172
Caution: Evaluating Web Resources	174
Two Tips for Internet Searching	174
Where to Go Other Than the Internet	175
Ready to Revise the Thesis Statement	175
Step 4: Structure an Outline	175
Exercise 3: Practice Outlining	176
Step 5: Write a First Draft	178
An Introductory Section with the Thesis Statement	178
Supporting and Explanatory Paragraphs	178
A Conclusion	179
Footnotes or Endnotes and a Bibliography	179
Step 6: Edit and Revise, Including Sources of Information	180
Twenty Questions for Editing Your Paper	180
Step 7: Finalize the Paper	181
Spell Checker Poem	182
<b>A WORD ABOUT PLAGIARISM</b>	182
Quote Directly, Summarize, Paraphrase	183
Avoiding Plagiarism Problems	184
Thinking Critically About Researching and Writing an Academic Paper:	
An Introduction	185
Online Learning	186
Key Chapter Strategies	186
Chapter Challenge: A Writer's Roadblocks	187
Can You Recall It?	188
Web Activity: Web Quest	189
Reflection Time: Achieving Your Goals by Researching and Writing an Academic Paper: An Introduction	190

## PART THREE: THE PERSONAL EXPERIENCE AND YOU

### CHAPTER 8

#### MONEY MATTERS:

#### GAINING FINANCIAL LITERACY

*Self-Assessment: Spending Style Indicator* 192

#### AFFORDING COLLEGE

College Costs 196

Paying for College 196

Savings 196

Family Support 196

Part-Time Jobs 197

Financial Aid 197

Scholarships or Grants 198

GI Bill 198

Loans 198

The Language of Loans 199

#### MANAGING YOUR MONEY

Exercise 1: My Spending Log 200

Developing and Maintaining a Budget 202

Income 202

Expenses 202

Exercise 2: Designing a Budget 203

Cutting Costs 204

Going Green with Money: Cash Conservation 204

#### THE ABC'S OF FINANCIAL INSTRUMENTS

Checking Accounts 206

Debit Cards 206

Credit Cards 207

Contrasting Credit Card Approaches 208

Student #1: Matt 208

Student #2: Samira 208

Exercise 3: Taking Charge of Credit Cards—What You Don't Know Can Hurt You 209

A Final Few Notes about Credit Cards 213

Thinking Critically About Money Matters:  
Gaining Financial Literacy 214

Online Learning 214

Chapter Challenge: A Windfall 215

Key Chapter Strategies 216

Can You Recall It? 217

Web Activity: Profit from Reading 218

Reflection Time: Achieving Your Goals through Money Matters: Gaining Financial Literacy 219



## CHAPTER 9

<b>KEEPING HEALTHY AND SAFE</b>	220
<i>Self-Assessment: Health Court</i>	221
<b>PROMOTING HEALTH AND WELL-BEING</b>	223
<b>The Power of Sleep</b>	223
<i>Catching Some Zzzzzs: A Key to Smooth Sleep</i>	223
<b>Tale of a Sleepy Ruler</b>	224
<i>Sleep Interference</i>	225
<b>Food for Thought</b>	225
<i>Nutrition facts</i>	225
<b>Exercise 1: Menu Choices: Creating Your Food Diary</b>	226
<b>Working Out for Wellness</b>	227
<b>Fitness on Campus</b>	228
<i>The Intersection of Exercise and Diet</i>	229
<b>Exercise 2: Calorie Counter: For the Health of It</b>	229
<b>A Question of Substance</b>	230
<i>Nicotine</i>	231
<i>Alcohol</i>	231
<b>A Student View of Binge Drinking</b>	231
<b>Exercise 3: Self-Assessment of Alcohol Use</b>	232
<i>Other Drugs</i>	234
<b>Major Abused Drugs</b>	234
<b>Q&amp;As: About Sex Health Management</b>	235
<i>Health Kit and Health Care</i>	237
<b>Caution about Tylenol</b>	238
<i>Health Insurance</i>	239
<b>Exercise 4: Establish Your Health Care Portfolio</b>	239
<b>Stress and Health</b>	240
<b>Does Stress Contribute to Acne</b>	241
<b>The Dozen “Do’s” to Manage Stress</b>	241
<b>SAFE-KEEPING</b>	242
<b>Protecting Your Property and Yourself</b>	242
<i>Protecting Your Property</i>	242
<i>Protecting Yourself</i>	243
<b>A Frightening Lesson</b>	243
<i>Preventing Sexual Assault</i>	244
<i>Stalking</i>	244
<i>Thinking Critically About Keeping Healthy and Safe</i>	245
<i>Online Learning</i>	246
<i>Chapter Challenge: A Burning Question</i>	247
<i>Key Chapter Strategies</i>	248
<i>Can You Recall It?</i>	248
<i>Web Activity: Go Ask Alice!</i>	249
<i>Reflection Time: Achieving Your Goals by Keeping Healthy and Safe</i>	250

## CHAPTER 10

<b>ADJUSTING EMOTIONALLY</b>	251
<i>Self-Assessment: Dimensions of Personal Strength</i>	252
<b>Action List for Emotional Adjustment</b>	254
<b>POSITIVE PSYCHOLOGY</b>	254
<b>An Example of Positive Psychology in Action</b>	255
<b>Ten Core Strategies for Becoming a More Positive Person</b>	256
<b>Exercise 1: Positive Pursuit</b>	257
<b>Emotional Intelligence</b>	257
<b>Characteristics of College Students with High Levels of Emotional Intelligence</b>	258
<b>Exercise 2: Your College EI</b>	258
<b>COLLEGE ADJUSTMENT CHALLENGES</b>	261
<b>Sadness</b>	261
<b>Grief</b>	262
<i>Mourning the Death of a Loved One</i>	262
<i>Breaking Up Is Hard to Do</i>	263
<b>A Question of Self-Esteem</b>	264
<b>Anxiety</b>	264
<b>Twelve Techniques for Reducing Anxiety</b>	265
<b>Exercise 3: Calmness Index: The Fearful Fifty</b>	266
<b>Perfectionism</b>	268
<b>HELP FOR EMOTIONAL CHALLENGES</b>	268
<i>Thinking Critically About Adjusting Emotionally</i>	270
<i>Online Learning</i>	271
<i>Chapter Challenge: Coping with Loss</i>	272
<i>Key Chapter Strategies</i>	273
<i>Can You Recall It?</i>	273
<i>Web Activity: Pandora’s Music Box</i>	274
<i>Reflection Time: Achieving Your Goals by Adjusting Emotionally</i>	275

# PART FOUR: THE SOCIAL EXPERIENCE AND YOU

## CHAPTER 11

### DEVELOPING AND MAINTAINING HEALTHY RELATIONSHIPS THROUGH POSITIVE COMMUNICATION 276

*Self-Assessment: My Sociogram: A Visual Map  
of My Social Communication* 277

#### MAINTAINING FAMILY CONNECTIONS 280

Communicating with Your Family 280

**Exercise 1: Family Empathy** 281

Families and Commuter Students 282

Homesickness 282

Visits Home 282

#### SOCIALIZING 283

Friends 283

Taking Care of a Friend 283

Removing Barriers to Social Connections 284

Steps to Initiate a Social Contact 284

**Exercise 2: Making Contact** 284

Dealing with Roommates 285

Typical Roommate Conflicts 286

Resolving Conflicts 286

Do's and Don'ts of Conflict Resolution 287

Student Programs and Organizations 288

**Exercise 3: So What Does an  
Anime Club Do, Anyway?** 288

Leadership Activities 289

Civic Engagement and Service Learning 290

Social Sororities and Fraternities 291

Social Networking through Technology 291

*Proceed with Caution* 292

#### ROMANTIC RELATIONSHIPS 292

Romance 293

Sex 293

**Exercise 4: R-E-S-P-E-C-T** 294

Long-Distance Love 296

*Thinking Critically About Developing and  
Maintaining Healthy Relationships  
Through Positive  
Communication* 297

Online Learning 298

Chapter Challenge: Interrogation Time 299

Key Chapter Strategies 300

Can You Recall It? 300

Web Activity: Who Am I? A Self Search 301

*Reflection Time: Achieving Your Goals by  
Developing and Maintaining  
Relationships through Positive  
Communication* 302

## CHAPTER 12

### APPRECIATING DIVERSITY 303

*Self-Assessment: Similarities and Differences* 304

#### THE NATURE OF DIVERSITY 306

Sex 306

Religion 307

Race/Ethnicity 307

**Exercise 1: Proverbial Wisdom** 308

Sexual Orientation and Gender Identity 310

LGBT Groups 310

Geographic Identity 310

Additional Examples of Diversity Factors 310

#### CHALLENGES TO CAMPUS MULTICULTURALISM 311

Stereotyping 311

The Silo Effect 311

**Exercise 2: Dear Dr. A** 312

Culture Shock 313

#### BENEFITS FROM DIVERSITY 314

Benefit from Diversity: Intellectual

Development 314

Benefit from Diversity: College Satisfaction 315

Benefit from Diversity: Social Skills 315

**Exercise 3: Getting to Know You** 315

Benefit from Diversity: Character

Development 316

Benefit from Diversity: Career Preparation 317

**Exercise 4: Where in the World  
Are You?** 317

Benefit from Diversity: Citizenship 319

*Thinking Critically About Appreciating Diversity* 320

Online Learning 320

Chapter Challenge: Judging a Book by Its Cover 321

Key Chapter Strategies 322

Can You Recall It? 322

Web Activity: Musical Mix 323

*Reflection Time: Achieving Your Goals by*

*Appreciating Diversity* 324



# PART FIVE: THE PLANNING EXPERIENCE AND YOU

## CHAPTER 13

### SELECTING A SUITABLE MAJOR AND IDENTIFYING A POTENTIAL CAREER 325

*Self-Assessment: What Is Your Goal in Ten Years?* 326

*How One Student Selected a Major* 329

#### HOW TO SELECT A SUITABLE MAJOR AND A POTENTIAL CAREER 330

**Exercise 1: First Impressions** 330

Your Values 331

**Exercise 2: Values Judgment** 332

Your Interests 332

*Holland Codes* 333

**Exercise 3: What are Your Interests?** 334

Your Personality 335

**Exercise 4: Are You Assertive?** 335

Your Aptitudes 339

*Multiple Intelligences* 339

*Multiple Intelligences Chart* 339

**Exercise 5: Your Top Three** 340

#### MATCHING YOU TO A SUITABLE MAJOR AND POTENTIAL CAREER 340

*Personal Characteristics, Majors, and Careers* 341

Careers and Stress 341

#### PLANNING FOR A POTENTIAL FUTURE CAREER 341

Résumés and Cover Letters 342

*Sample Résumés* 343

**Exercise 6: Your Résumé** 344

Internships 345

*A Liberal Declaration* 345

Career Assessment 346

*Myers-Briggs Type Indicator (MBTI)* 346

*Thinking Critically About Selecting a Suitable  
Major and Identifying a Potential Career* 348

*Online Learning* 348

*Chapter Challenge: Where the Acorn Falls* 349

*Key Chapter Strategies* 350

*Can You Recall It?* 350

*Web Activity: Exploring Your Career Choice* 351

*Reflection Time: Achieving Your Goals by  
Selecting a Suitable Major and  
Identifying a Potential Career* 352

## CHAPTER 14

### PREPARING TO MOVE FORWARD 353

*Self-Assessment: Ten Degrees of Certainty* 354

#### YOUR SOPHOMORE YEAR 356

The Sophomore Slump 356

How to Avoid the Sophomore Slump 356

*Deciding on a Major* 357

*Adjusting to New Living Arrangements* 357

*Establishing New Relationships* 357

*Investigating a Transfer* 357

**Exercise 1: Year Two for You?** 358

#### YOUR JUNIOR YEAR 359

Refining Your Résumé 359

Studying Abroad 360

Popular Professions Available through  
Advanced Degrees 360

*Guidelines for Post-Baccalaureate Training* 360

#### YOUR SENIOR YEAR AND BEYOND 363

Last but Not Least 363

Succeeding with the Application Process 364

*Tips for a Successful Interview* 364

**Exercise 2: Mock Interview** 365

Taking the Next Step 367

**Exercise 3: The Crystal Ball** 369

*Thinking Critically About Preparing to Move  
Forward* 372

*Online Learning* 372

*Chapter Challenge: I Lost the Thrill* 373

*Key Chapter Strategies* 374

*Can You Recall It?* 374

*Web Activity: Lifelong Learning* 375

*Reflection Time: Achieving Your Goals by  
Preparing to Move Forward* 376

**Glossary** 377

**Endnotes** 385

**Index** 395

**Credits** 407