**Scripts for My Short Introductory Videos**

I recommend that you create a page and insert the video. Include the script to meet the requirements for accessibility.

**Introduction**

Hello and welcome to Counseling 120.  This could be one of the best courses you have ever taken.  It will help you to learn about your personal strengths and match them to a major and career.  You will discover learning strategies that will make it easier to remember what you have studied and make learning more efficient.  You will also acquire skills that will increase success throughout life.  You will learn about what happiness means to you and begin to take the steps to achieve happiness in life.

This course begins with an orientation designed to help you understand how the course works and to become acquainted with the instructor and other students in this course. Each week we will complete a module that includes reading a chapter in the online text, discussion, and frequent written assignments that help to personalize the information learned in this course.

This course is also transferable as a general education course to the CSUC, including San Diego State University.  It is also UC transferable as an elective.

I hope that you find this course enjoyable and personally meaningful.  Let me know if I can help along the way.  My goal is your success.

**Chapter 1 Understanding Motivation**

Students begin college with hopes and dreams for a better future.  However, many students drop out of college before completing their goals.  As you read through this first chapter think about ways that you can motivate yourself to complete your education even if you face challenges along the way.  Students with a college education earn higher wages, have less unemployment, and have more satisfying careers.  Having a growth mindset can help you to think positively about your education and what you can accomplish.  This chapter discusses the importance of taking control of your own life and increasing your perseverance so that you can finish this course as well as your college education.  It is important to have a "never give up attitude."  Get started by planning your schedule so that you have the time to study.  You will need at least 3 hours a week to study for this course.  Other courses, such as math, may require up to 10 hours a week of studying.  Use the information in this chapter to start taking the steps each day that lead to success.

**Chapter 2 Exploring Your Personality and Major**

The information in Chapter 2 helps you to understand your personal strengths and matching majors and careers.  It includes a personality assessment called Do What You Are.  While assessments cannot exactly predict your future, they can provide a useful starting place to think yourself and your future career.  The goal is to increase self-understanding and enjoy the work you do, at least on most days.  Please provide honest and thoughtful answers to the questions on the assessment to get the most benefit from it.  You do not have to overthink your answers.  Just answer how you usually think in most situations.  It is important to note that there are no good or bad personality types. Each type has strengths that are valuable in the workplace.  Your results will be displayed inside the chapter and also in your career portfolio.  I hope you find this chapter useful as you think about your personal strengths and how use can use them to find a satisfying career.

**Chapter 3 Exploring Multiple Intelligences, Interests, and Values**

Chapter 3 helps you to explore other factors that contribute to a satisfying career including your multiple intelligences, interests, and values.  Multiple intelligences are defined as the human ability to solve problems, or design or compose something valued in at least one culture.  In this chapter you will take an assessment of your multiple intelligences.  The results can be useful in thinking about your future career.  You can improve intelligences if needed by spending the time to improve your skills through effortful practice.

This chapter also assesses your vocational interests.  Again think positively about your interests as you answer the questions in this assessment.  Just think about what you like to do.  Be careful not to select an activity based on income alone.  For example, if you would like to build a brick walkway, you could work in construction, or with more education, become a civil engineer.

Values are defined as what you consider to be most important.  If you make decisions based on your values, the decisions are likely to good ones for you.

I hope you find this chapter useful and you continue to explore you own unique characteristics that can help you to find a satisfying career.

**Chapter 4 Planning Your Career and Education**

Now that you have explored your personal strengths, multiple intelligences, vocational interests, and values, it is important to match them to careers.  The information in your career portfolio will help you to research careers that match your personal qualities.  In researching careers, it is important to keep in mind some career trends for the future.  Sadly, some students are disappointed when they finish college and find that their chosen career is becoming obsolete, has low pay, or it is difficult to find jobs.  It is important to understand career outlook including pay, the availability of employment, and the future outlook for the career.

Once you have made a decision about your career, the next step is to plan your education to make sure you are taking the correct courses to graduate as soon as possible.

This chapter also has information on how to find a job including establishing your own personal brand online, creating your resume, and practicing interviewing skills.

You can continue to use your career portfolio and the information in this textbook as you continue your education, graduate, and begin the search for your ideal career.

**Chapter 5 Managing Time and Money**

Chapter 5 is all about managing your time and money.  It is one of the most powerful chapters because it helps you to manage your time and money to accomplish your goals in life.  The key idea is to think about your priorities and spend your time on what is most important.  I hope you find this chapter interesting and useful.

**Chapter 6 Using Brain Science to Improve Memory**

Chapter 6 is about using brain science to improve memory.  Current research on how the brain works can be useful to college students to improve both memory and study techniques.  The key idea in this chapter is that we need to store information in long term memory.  To do this it is important to rehearse or repeat the information so that it stays in your memory.

In this chapter, I present some practical learning strategies based on brain science that help you to store information in long term memory.  Did you know that positive thinking and developing an interest in the material can help you to remember it?  You will also learn about seeing the big picture, meaningful organization, the magical number 7 theory, visualization, intent to remember, elaboration, and distributing the practice.  These are all powerful techniques to help you to remember what you are studying as well as the information needed in your career and personal life.  I hope you find these ideas useful.

**Chapter 7 Using Brain Science to Improve Study Skills**

Chapter 7 is about using brain science to improve your study skills.  The latest research in neuroscience shows that we can improve study techniques by **using all the senses to learn**.  This is called multi-sensory integration.  Our senses include:

**visual** which means learning through reading, observing, or seeing things;

**audio** which means learning through listening and talking;

**tactile** which means learning through touching things or a “hands on approach;”

**kinesthetic** which means learning through movement as in riding a bicycle;

and even **olfactory** which means learning my smell;

and **gustatory** which means learning through taste.

This chapter includes a study system for remembering what you read.  It is called SQ4R with stands for survey, question, read, recite, review, and reflect.  This system will help you to store information in long-term memory.

There is also a section on how to be successful in your math courses.  I hope all these study techniques will make your studying easier and more effective.

**Chapter 8 Taking Notes, Writing, and Speaking**

In chapter 8 you will find some helpful ideas for improving note taking, writing, and speaking which are all important skills for college and your future career.

The key idea in note taking is that notes are important for storing information into long term memory.  You will be presented with different formats for taking notes including the Cornell format, the outline method, the mind map, and a system of taking notes for math courses.

This chapter has a quick summary of effective writing techniques called Power Writing.  “Power” stands for prepare, organize, write, edit, and revise.  Basic steps for writing a term paper are included.

In college and in your professional life, there are times when you will be required to make a speech.  The basics of effective public speaking are presented along with tips for relaxing while speaking.

I hope that the ideas presented in this chapter will be useful in improving your college success skills.

**Chapter 9 Test Taking**

Chapter 9 presents some powerful techniques for test preparation and taking tests.  The key to being successful on tests is to be prepared and distribute the practice.  Start early and study a little at a time.  If you wait until the last minute to study, you may resort to the test preparation technique known as “cramming” which causes anxiety and decreased performance.

Do you suffer from test anxiety or math anxiety?  If so, this chapter shows how to turn this anxiety into motivation by being well prepared for the test and taking the time necessary to study math.

The chapter presents some useful techniques for taking different types of tests such as true-false, multiple choice, matching, fill in the blank, and essay exams.  There are even useful ideas for how to guess the answer if needed.

I hope you find these ideas useful in improving your test performance.

**Chapter 10 Communication and Relationships**

With Chapter 10, we begin a new section of the textbook called lifelong success.  These topics focus on success over a lifetime.  Many of my students have enjoyed Chapter 10, Communication and Relationships.  In this chapter, you will learn about your personal communication style based on your personality type and how to improve communication with people who are important to you.

You will learn about how the language you use affects your success, especially your self-talk or the words you say to yourself.  The chapter has useful suggestions for dealing with conflict and improving relationships.

As you read this chapter, think about how you can use these ideas to improve your communication and relationships with the people who are important in your life.

**Chapter 11 Thinking Critically and Creatively**

Chapter 11 is about thinking critically and creatively which are important skills you will practice in all your college courses.  Beyond college, critical thinking is helpful in being a good citizen and a productive member of society.

Critical thinking involves questioning established ideas, creating new ideas, and using information to solve problems.  Part of critical thinking is recognizing fallacies in reasoning. As you read about fallacies in reasoning, try to think about those you have experienced in your own life.

The steps in critical thinking are stating the problem in a clear way, identifying alternative views, being aware of fallacies in reasoning, finding multiple answers, and finally constructing your own reasonable view.  Critical thinking is connected to moral reasoning which guides our behavior and helps to distinguish between right and wrong.

The second part of the chapter is on creative thinking techniques that you can use to create new ideas and find creative ways to solve problems.

I hope you can find ways to practice these critical and creative thinking techniques to enhance your success in college, on the job, and in your personal life.

**Chapter 12 Maintaining a Healthy Lifestyle**

Chapter 12 is about maintaining a healthy lifestyle.  You are investing your time and money to achieve your college degree.  Why not live a long and healthy life to reap the benefits of your education?  Did you know that healthy people live longer?

You may be familiar with many of the topics in this chapter, but it provides an incentive to look at your health habits and improve them.  I hope you find this chapter useful.

**Chapter 13 Appreciating Diversity**

Chapter 13 is about appreciating diversity.  The world would be a better place if all people could appreciate differences and live peacefully together.  Being able to appreciate diversity is an important skill for your personal and professional life in which you will be working with many different kinds of people.

Current research in genomics show that human genes across races are 99.9 percent identical and that there is only one race which is the human race.  As you read this chapter think about how these topics affect your personal life and the lives of others.  How can you make your own community a better place to live?

**Chapter 14 Thinking Positively about the Future**

Chapter 14, Thinking Positively about the Future, is one of my favorite chapters.  It begins with information on life stages.  What is your current life stage and how will it change in the future?

The chapter describes some important tools for future success including positive thinking, hope, visualizing success, using positive beliefs, and future mindedness.  Future mindedness is thinking about the future, expecting that desired events and outcomes will occur, and then acting in a way that helps you to achieve your goals.

One of the most important goals I have heard from college students is to be happy in life.  This chapter presents some ideas what is happiness and how you can achieve it.

This is the last chapter in this textbook.  I hope you have found this information useful and send my best wishes for your future success.