

CS1201 Career and College Success Skills

- **personal responsibility**
 - taking ownership of the consequences of your decisions
 - believing that your choices affect what happens in your life
 - making thoughtful decisions that consider future consequences
- **self-motivation**
 - setting goals that are connected to your dreams and passions
 - developing your ideal life plan and career goals
 - figuring out ways to overcome obstacles that stand in the way of achieving your goals and dreams
- **self-management**
 - using time management techniques
 - prioritizing actions and tasks that help you achieve your goals
 - being persistent in the face of obstacles
- **interdependence and interpersonal skills**
 - reaching out to others for help when you need it
 - using good communication skills, including active listening
 - respecting cultural differences and celebrating diversity
- **self-awareness**
 - acknowledging when you have messed up or made a mistake
 - knowing what you are already good at and where you still have room to grow
 - recognizing when your own thoughts and habits are getting in the way of your success, and taking steps to change them
- **lifelong learning**
 - seeing challenges as learning opportunities, rather than insurmountable obstacles
 - knowing how you prefer to learn and how to be an effective learner
 - using critical thinking skills for decision making
- **emotional intelligence**
 - recognizing and naming your own feelings and the feelings of others
 - using stress reduction techniques when needed
 - creating happiness through engagement in your life, college, and career