

Simply a Better Way to Learn!



S K I L L S U P G R A D I N G

Thought Patterns for a Successful Career™

Course Introduction

Thought Patterns for a Successful Career™ is an educational process designed to expose students to concepts that can significantly change their lives. It teaches persistence and high achievement skills, addressing issues such as returning to school as an adult, fear of success, managing personal challenges while attending school, and making a transition into a successful lifestyle following graduation.

The course is designed to improve the student's learning experience and prepare him or her for personal and professional growth and success. The focus is on increasing the student's self-discipline and self-esteem. The positive concepts taught in this course are intended to unleash the student's potential for growth and creativity, resulting in personal and professional development.

Humor and practical examples are used to target the primary concerns of adult students. In addition, written exercises, activities, and audiotapes provide understanding, acceptance, and reinforcement of the program material.

Course Prerequisite(s)

None

Course Aim

To increase the student's critical thinking capability, as well as his or her flexibility, resiliency, and accountability. In addition, the course is intended to raise the student's level of confidence and initiative, and to enhance his or her ability to solve problems and have a positive influence on others.

Of Interest to

Those who want to learn how to set and achieve goals for their professional, organizational, and personal development, growth, and success.

Course Breakdown

Course Overview:

Looking Forward Safely

Lesson 1:

What's Holding Me Back?

Lesson 2:

Who Am I Listening To?

Lesson 3:

Lock-On / Lock-Out

Lesson 4:

My Brain's Filter System

Lesson 5:

How My Mind Works

Lesson 6:

Free-Flowing at a New Level

Lesson 7:

Leaning in the Right Direction

Lesson 8:

How My Beliefs are Formed

Lesson 9:

Building My Self-Image

Lesson 10:

My Future is Up to Me

Lesson 11:

I'm Worth It!

Lesson 12:

Make the Unfamiliar Familiar

Lesson 13:

The Next Time

Lesson 14:

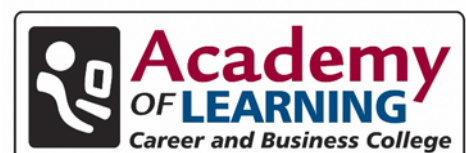
Putting Life on a Want-To

Lesson 15:

Making the Pictures Match

Lesson 16:

I Can See It!



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Thought Patterns for a Successful CareerTM

Lesson 17:

If It's to Be, It's Up to Me

Lesson 18:

My Better Future

Lesson 19:

My Goals – My Vision – My Future

Lesson 20:

If I Want It, I Can Create It

Lesson 21:

Rites Of Passage

Course Notes

Course workbook provided for on-going reference.

There is a final project that is submitted and evaluated upon completion of the course.

Participants who satisfy all requirements of the course including attendance, participation, assignments, and the final project will receive a Pass and be awarded a certificate.

