EDUC 1300 Learning Framework
Year at a Glance (YAG)

First Semester	Second Semester
1st Nine Weeks	**3rd Nine Weeks**
Chapter 1: Psychology and Success This chapter introduces the foundational concepts of success, emphasizing the interplay between psychological factors and personal achievement. Students explore how beliefs, attitudes, and habits influence their ability to define and attain success. The chapter encourages self-reflection on individual definitions of success and the psychological tools necessary for fulfillment. **Chapter 2: Self-Awareness** This chapter focuses on the importance of self-awareness and guides students in identifying their values, interests, strengths, and areas for growth. Through self-assessment activities, learners gain insights into their identities, which serve as a foundation for setting meaningful goals and making informed decisions. **Chapter 3: Goals and Obstacles** This chapter emphasizes the significance of goal setting and the challenges that may arise in pursuing objectives. Students learn to create SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and develop strategies to overcome obstacles, including stress and anger management techniques. **Chapter 4: Self-Esteem** This chapter explores the concept of self-esteem and discusses its impact on motivation and success. Students examine factors that influence self-esteem and engage in activities to enhance self-acceptance and	**Chapter 1: Psychology and Success** This chapter introduces the foundational concepts of success, emphasizing the interplay between psychological factors and personal achievement. Students explore how beliefs, attitudes, and habits influence their ability to define and attain success. The chapter encourages self-reflection on individual definitions of success and the psychological tools necessary for fulfillment. **Chapter 2: Self-Awareness** This chapter focuses on the importance of self-awareness and guides students in identifying their values, interests, strengths, and areas for growth. Through self-assessment activities, learners gain insights into their identities, which serve as a foundation for setting meaningful goals and making informed decisions. **Chapter 3: Goals and Obstacles** This chapter emphasizes the significance of goal setting and the challenges that may arise in pursuing objectives. Students learn to create SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and develop strategies to overcome obstacles, including stress and anger management techniques. **Chapter 4: Self-Esteem** This chapter explores the concept of self-esteem and discusses its impact on motivation and success. Students examine factors that influence self-esteem and engage in activities to enhance self-acceptance and

	confidence, fostering a positive self-image conducive to personal and academic growth. **Chapter 5: Positive Thinking** This chapter delves into the power of positive thinking and its role in achieving success. Students learn to identify and challenge negative thought patterns, adopt optimistic perspectives, and implement positive self-talk to improve resilience and overall well-being.		confidence, fostering a positive self-image conducive to personal and academic growth. **Chapter 5: Positive Thinking** This chapter delves into the power of positive thinking and its role in achieving success. Students learn to identify and challenge negative thought patterns, adopt optimistic perspectives, and implement positive self-talk to improve resilience and overall well-being.
2nd Nine Weeks		**4th Nine Weeks**	
	Chapter 5: Positive Thinking This chapter delves into the power of positive thinking and its role in achieving success. Students learn to identify and challenge negative thought patterns, adopt optimistic perspectives, and implement positive self-talk to improve resilience and overall well-being. **Chapter 6: Self-Discipline** This chapter highlights the importance of self-discipline and provides strategies for developing personal control and responsibility. Students explore techniques for managing impulses, setting priorities, and maintaining focus on long-term goals, which are essential skills for academic and career success. **Chapter 7: Self-Motivation** This chapter examines the sources of motivation and methods for sustaining it over time. Students identify intrinsic and extrinsic motivators, set personal incentives, and learn to cultivate a mindset that supports continuous progress toward their aspirations. **Chapter 8: Managing Your Resources**		**Chapter 5: Positive Thinking** This chapter delves into the power of positive thinking and its role in achieving success. Students learn to identify and challenge negative thought patterns, adopt optimistic perspectives, and implement positive self-talk to improve resilience and overall well-being. **Chapter 6: Self-Discipline** This chapter highlights the importance of self-discipline and provides strategies for developing personal control and responsibility. Students explore techniques for managing impulses, setting priorities, and maintaining focus on long-term goals, which are essential skills for academic and career success. **Chapter 7: Self-Motivation** This chapter examines the sources of motivation and methods for sustaining it over time. Students identify intrinsic and extrinsic motivators, set personal incentives, and learn to cultivate a mindset that supports continuous progress toward their aspirations. **Chapter 8: Managing Your Resources**

	Focusing on effective resource management, this chapter addresses time and financial management skills. Students learn to create schedules, set budgets, and prioritize tasks, enabling them to utilize their resources efficiently to support their academic and personal goals. **Chapter 9: Communication and Relationships** This chapter explores the role of communication in building and maintaining healthy relationships. Students develop skills in active listening, assertive expression, and conflict resolution, which are vital for collaborative success in both personal and professional settings.		Focusing on effective resource management, this chapter addresses time and financial management skills. Students learn to create schedules, set budgets, and prioritize tasks, enabling them to utilize their resources efficiently to support their academic and personal goals. **Chapter 9: Communication and Relationships** This chapter explores the role of communication in building and maintaining healthy relationships. Students develop skills in active listening, assertive expression, and conflict resolution, which are vital for collaborative success in both personal and professional settings.

Resources

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Canvas	*Canvas*	Canvas	*Canvas*
St. Phillips-Man. Library Speaker	Financial Presentation		Financial Presentation
St. Phillips- Man. Liaison- Kristen Boone Presentation	Scoir Presentation		Scoir Presentation