



Navigating Your Future Success (2nd Edition)

Bruce J. Colbert

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For Student Success courses in high school, career college, community college, or university settings.

This book takes a logical approach to student success by starting with stress management in making positive behavioral changes for academic and personal success.

Navigating Your Future Success is readable and relevant to engage students in assessing their academic and workplace skills and develop a plan for success, starting with the critical foundation of stress management. **MyStudentSuccessLab** (www.mystudentsuccesslab.com) helps students to 'Start strong, Finish stronger' by acquiring the skills they need to succeed for *ongoing personal and professional development*.

Teaching & Learning Experience: Logical Learning Outcomes

How will students do well if they are “stressed out” as this impacts all aspects of their lives? Students will learn to harness stress in a positive way and set goals in their *interpersonal* skill areas to maximize external success skills. This program provides:

- **Personalized Learning with MyStudentSuccessLab:** Whether face-to-face or online, *MyStudentSuccessLab* helps students build the skills they need through peer-led video interviews, interactive practice exercises, and activities that provide academic, life, and professionalism skills.
- **Personal Success Skills** - Internal (or intrapersonal) success skills focus on how to do well “within yourself”. Stress management is followed by positive attitude, time management, goal setting, learning styles, critical/creative thinking, improving memory, and test taking.
- **Professional Success Skills** – Skills for succeeding “within your program and beyond.” These skills focus on communication, group interaction, team building, job-seeking, and leadership development.
- **Effective Teaching Techniques** – This book includes exercises to facilitate positive behavioral changes. Affective teaching differs from cognitive (theory) teaching, so behavioral changes are presented succinctly to show quick positive results that last.

Note: This is the standalone book, if you want the book/access code order the ISBN below:

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Package consists of:

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