

Academic Support Center
SAIL Lab

Student Life Skills (SLS) Syllabus



PlatoWeb Learning Network

I. Understanding Yourself

- a) Your Self-Concept
- b) Work-Related Goals

II. Becoming a Winner

- a) Self-Defeating and Winning Behaviors
- b) Prices and Rewards for Behavior

III. Communication Skills

- a) All About Communication

IV. How to Select and Get a Job

- a) Finding a Job You Want
- b) Shifting Your Focus
- c) Interviewing for a Job

V. Prepare for Job Success

- a) Understanding Relationships with Others
- b) Winning on the Job
- c) Knowing Your Customers