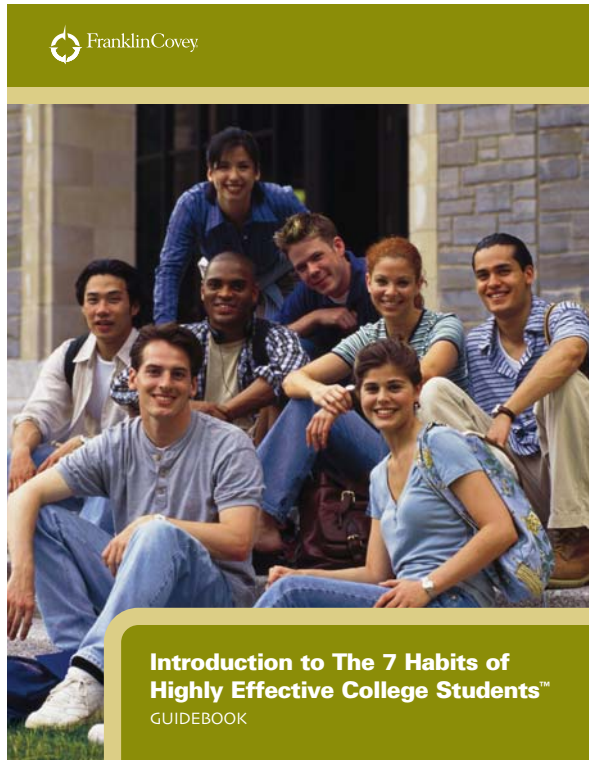




A one-day workshop to empower students to succeed during college and beyond.



Introduction to The 7 Habits® of Highly Effective College Students

Students who start their freshman year with a plan are more likely to complete their education and have successful careers. *The 7 Habits of Highly Effective College Students* helps students succeed by discovering their personal mission, setting goals, prioritizing tasks, and teaming with others.

This motivating workshop designed specifically for college students is a life-changing experience that will have a lasting impact, extending to postcollege successes.

Help students see, think, and act differently to achieve positive results.

Perfect for:

- Curriculum Classes
- First-Year Experience
- Freshmen Orientation
- Residence Halls
- Service Learning
- Student Athletes
- Student Leadership

This workshop teaches students how to do the following:

- Balance all aspects of college life.
- Set habits that lead to success.
- Focus on things within their control.
- Develop and live by their Personal Mission Statement®.
- Set goals and prioritize their activities.
- Develop relationships with faculty and advisors.
- Bond with other students in a culturally diverse campus community.
- Commit to self-improvement and renewal.

For program delivery options and more information,
call 1-888-754-1776 or e-mail professional.services@franklincovey.com

Introduction to The 7 Habits of Highly Effective College Students

Workshop participants are saying:

“The workshop motivated me to write down my goals and try to do the most important ones first.”

“I loved the energy and the amount of activities in the workshop. It was fun and helped me get to know everyone.”

This workshop contains eight hours of instructional material perfect for teaching in a one-day or modular format. Facilitators lead through instruction, multimedia, and activities, providing students with a comfortable forum in which to reflect individually, apply the content, and get to know each other.



Become licensed to train your own students on-site, or have FranklinCovey’s dynamic facilitators present a custom program on your campus.

Introduction to The 7 Habits of Highly Effective College Students Guidebook Sample

Concept 2—Effective Habits Bring Positive Results

A habit of success is something you do on a regular basis without conscious thought, which contributes to your happiness and well-being.

A habit forms when you combine knowledge, skill, and desire. Knowledge is understanding what to do and why to do it. Skill is knowing how to do it. Desire is wanting to do it.

IDENTIFY YOUR HABITS

In the space below, write two of your ineffective habits and two of your effective habits. Then, write the results you get when you practice those habits.

INEFFECTIVE HABITS	RESULTS
Spending all of your time outside of class with your girlfriend or boyfriend	
Talking excessively on your cell phone	
1.	1.
2.	2.

EFFECTIVE HABITS	RESULTS
Always turning your homework in on time	
Never missing a car payment	
1.	1.
2.	2.

Would you like to change any of the habits you listed? If so, which one(s) and why?

Effective habits are internalized principles and patterns of thinking.
Stephen R. Covey

4 Foundational Principles

Foundational Principles 5

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