

# Table of Contents

	<i>Acknowledgements</i>	i
	<i>Introductory Material</i>	ii
	<i>Highlights</i>	vi
Chapter 1	<i>Take a Good Look at Yourself</i>	1
Chapter 2	<i>Know Thyself: Reflecting on Values, Behaviors &amp; Attitudes</i>	8
Chapter 3	<i>It's All a Matter of Perspective</i>	23
Chapter 4	<i>Thinking Critically About Critical Thinking</i>	34
Chapter 5	<i>Choices and Decisions</i>	48
Chapter 6	<i>Organizing Yourself for Success</i>	64
Chapter 7	<i>Setting and Achieving Your Goals</i>	76
Chapter 8	<i>What's Your Emotional IQ?</i>	87
Chapter 9	<i>Dealing With Pressure: Lighten Up a Degree!</i>	99
Chapter 10	<i>Communication, Conflict &amp; Collaboration</i>	110
Chapter 11	<i>Leadership 101</i>	127
Chapter 12	<i>21<sup>st</sup> Century Global Citizenship: Taking Action</i>	143
	<i>Action Plan Journal</i>	155
	<i>Program Extension Activity</i>	162
	<i>Bibliography</i>	165