



Help Your Students Succeed in College... and in Life

2nd
EDITION

FranklinCovey
LEADER U

THE **7** HABITS[®]
OF HIGHLY
EFFECTIVE
COLLEGE STUDENTS



LIFE-CHANGING STUDENT SUCCESS COURSE

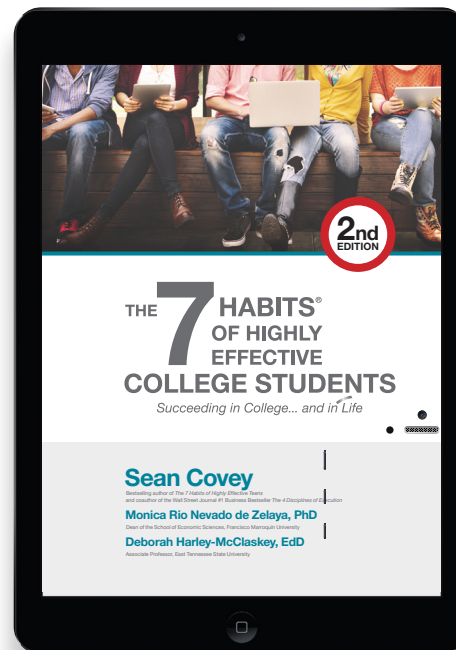
The 7 Habits of Highly Effective College Students is a high-impact student success course that benefits and sustains students in college and beyond. This instructor-led course delivers a powerful blended learning experience designed to:

- Enhance student engagement.
- Improve persistence.
- Strengthen student learning.
- Increase retention and completion rates.

In addition, the course provides students with the skills, tools, and mindset they need to succeed in a global and ever-changing marketplace.

Built on the foundation of Stephen R. Covey's global bestselling book *The 7 Habits of Highly Effective People*, this student success curriculum was authored by Sean Covey and eight other leading academic experts.

The *7 Habits* is the world's best-known personal-leadership framework, synthesizing key principles of personal and interpersonal effectiveness.



SELF-MANAGEMENT

Habit 1: Be Proactive®

I am responsible for my education and life.

Habit 2: Begin With the End in Mind®

I have a plan for what I want to accomplish.

Habit 3: Put First Things First®

I do the most important things first.

INTERPERSONAL SKILLS AND TEAMWORK

Habit 4: Think Win-Win®

I am considerate of others, but I also have the courage to stand up for myself.

Habit 5: Seek First to Understand, Then to Be Understood®

I hear people out before expressing my own opinion.

Habit 6: Synergize®

I value the strengths of other people and combine them with my own to solve problems.

WELLNESS

Habit 7: Sharpen the Saw®

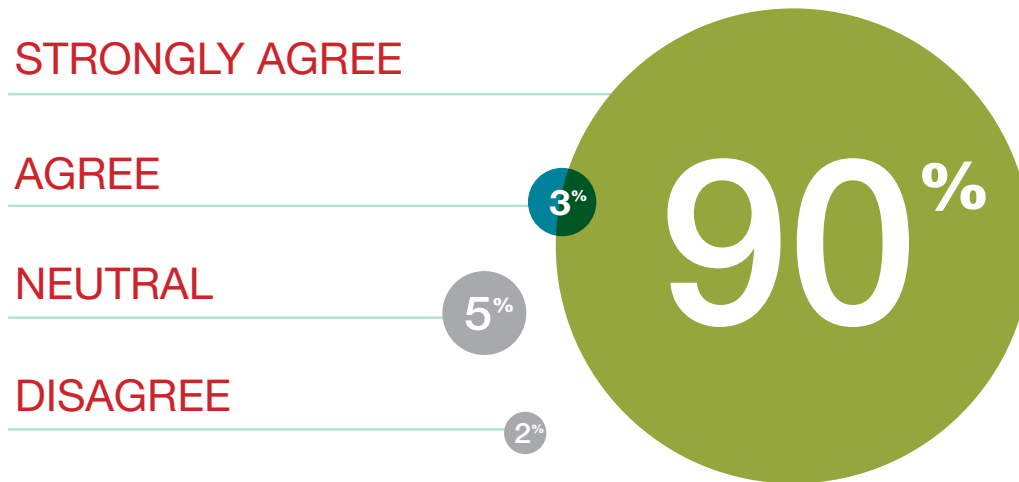
I regularly recharge my body, heart, mind, and spirit so I can stay sharp and improve myself.

This course is designed to have the most positive impact of any class students will experience at college.



Student Survey Response*

Would you recommend this course to others?



“Every aspect of my life has improved. This is the first academic situation that has been so far-reaching.”

“This is the most worthwhile class I have ever taken.”



“This class expanded my vision, challenged me to change, and provided the skills to do it.”

INFLUENCED BY RESEARCH

The *7 Habits* student success curriculum was created with student transformation as its key outcome—an experience that students would look back on and say “the principles I learned in this class made all the difference.”

The *7 Habits* content and curriculum is closely aligned with Jack Mezirow’s transformative learning theory, which focuses on how we learn to act on our own purposes, values, feelings, and meanings rather than those we have uncritically assimilated from others—to gain greater control over our lives.

*Utah Valley University end-of-course outcomes survey

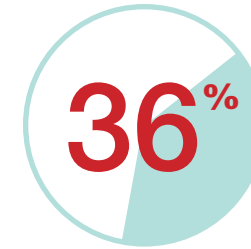
Need for Student Success



4% complete an associate degree at a 2-year college within 2 years*



19% complete a degree at a 4-year university within 4 years (non-flagship)*



36% complete a degree at a 4-year university within 4 years (flagship)*

Formula for Student Success

A Compelling Reason to Stay in School



Strong Academic Skills



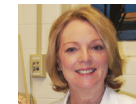
Many students drop out of college because they are never clear about why they are devoting some of the best years of their lives to gaining more education.

Students taking *The 7 Habits of Highly Effective College Students* course are all taught the habit of personal vision, Habit 2: Begin With the End in Mind. They are challenged to think deeply about their interests, talents, aspirations, and goals—and to articulate all of this into a personal mission statement. The by-product of this process is that they understand the role college plays in their overall vision, and discover their own “compelling why” to successfully complete college.

Each section of the textbook is enhanced with Academic Protips from the following experts:



Eileen Tracy:
How to Study in College



Janet Zadina:
How to Read College Textbooks



Craig Escamilla:
How to Make a Presentation



Trevor Dawes:
How to Use a College Library



Breck England:
How to Write a College Paper



Laurie Rozakis:
How to Study for a Test



Diane Halpern:
How to Think Critically



75% of students are college commuters, often juggling families, jobs, and school*.

*Complete College America, "The Game Changers"



Effective Life Skills



Highly Effective Students

For many students, the hardest thing about college is balancing their responsibilities between college, work, family, and friends.

Life skills are essential for helping students overcome the challenges and obstacles they will face in balancing their many responsibilities. Life skills are woven throughout the *7 Habits* course and taught in powerful ways, including:

- Leadership
- Time management
- Achieving goals
- Communication
- Conflict resolution
- Money management
- Responsibility and initiative
- Health and wellness

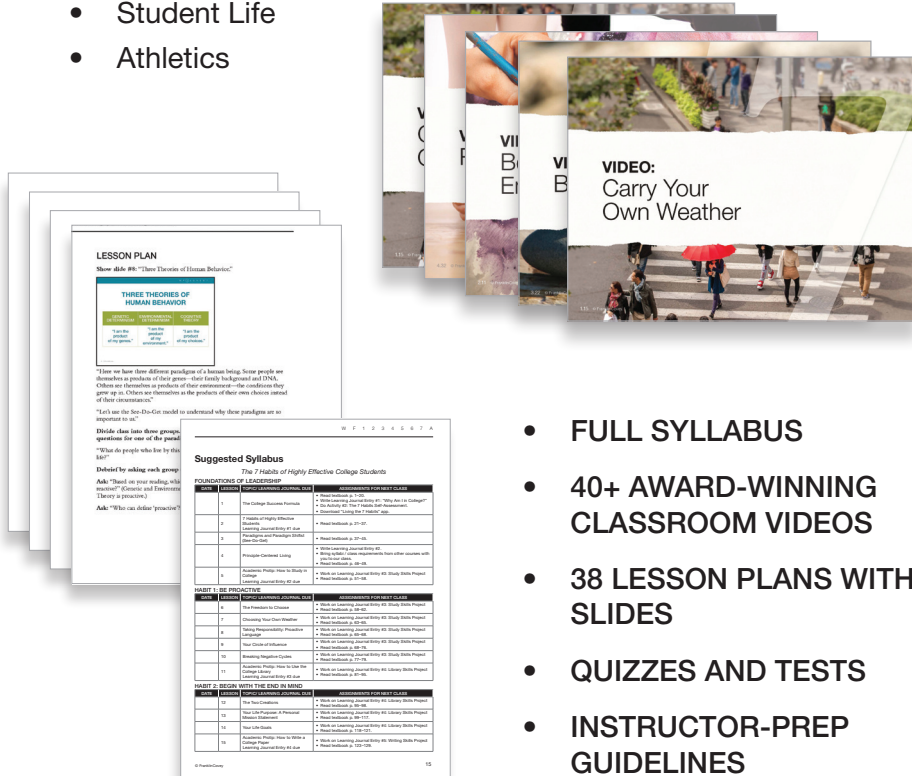
"It helped me to view exactly what I need and want out of life, and how I can achieve it."

All-Inclusive Course Materials

CAMPUS-WIDE ACCESSIBILITY

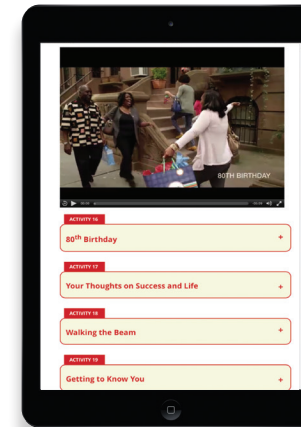
This course includes full LMS Integration, making it accessible to many departments throughout campus, such as:

- Residential-life Communities
- Student Life
- Athletics

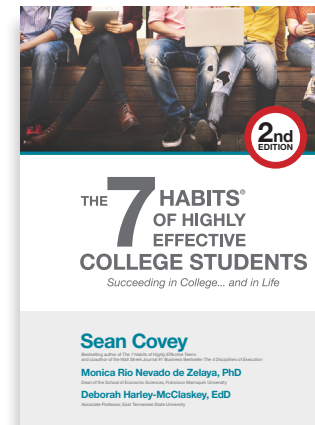


- FULL SYLLABUS
- 40+ AWARD-WINNING CLASSROOM VIDEOS
- 38 LESSON PLANS WITH SLIDES
- QUIZZES AND TESTS
- INSTRUCTOR-PREP GUIDELINES

Innovative Student Materials



- INTERACTIVE E-TEXT
- 54 HANDS-ON ACTIVITIES
- 20+ AWARD-WINNING VIDEOS



“This e-text is the most interactive, and loaded with features for students than any we have published.”

- Vital Source

Flexible Delivery Options

The 7 Habits of Highly Effective College Students can be taught as a semester-long course, part of an existing course, or during student orientation. Contact your FranklinCovey representative to explore the best options for your campus.

FranklinCovey Education

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About Us

FranklinCovey is a global company specializing in performance improvement. We help organizations achieve results that require a change in human behavior. FranklinCovey clients have included 90 percent of the Fortune 100, and more than 75 percent of the Fortune 500.

FranklinCovey's education division is one of the world's most prominent and trusted providers of education-leadership programs and transformational processes to thousands of primary, secondary, and post-secondary schools and institutions around the world. Our mission is to enable greatness in educators and students everywhere.

Our dedicated team of higher-education professionals brings proven solutions to current challenges in education. In addition to providing faculty, staff, and administrative training programs in the areas of Leadership, Productivity, and Trust, we partner with colleges and universities in a distinctive process to identify and execute their most important institutional goals.

Lastly, our student curriculum courses help students gain critical skills needed to thrive in their careers. Students can earn FranklinCovey Education certificates to reward them for acquiring the associated knowledge and skills.