CONTENTS

Preface ix	Success Is a Habit 30
Features of This Book xi	Eight Steps to Change a Habit 30
Acknowledgments xiii	Keys to Success: Persistence 32
The Cover Art xv	Appreciating Island Cultures: 'Opae E 33
About the Authors xvii	Questions 36
	Notes 36
	Exercises 39
Cultural Identity and Success 1	
Learning Objectives 1	Choosing Your Major 51
Taking Pride in Your Culture 2	Learning Objectives 51
Who Are the Pacific Islanders? 2	Making a Career Decision 52
Diversity 4	Steps in Making a Career Decision 52
Educational Attainment 4	Choose a Major That Matches Your Gifts
Hawaiian Values and Proverbs 4	and Talents 53
History of Education in Hawai'i 5	Understanding Personality Types 54
The Revival of Pride in Hawaiian and Pacific	Extraversion or Introversion 54
Island Culture: The Hokule'a 7	Sensing or Intuition 57
Navigating Different Cultures and Finding a	Thinking or Feeling 59
Safe Place 10	Judging or Perceiving 61
Appreciating Island Cultures: The Story of	Personality and Career Choice 64
the Kahuli Shells 11	Personality and Preferred Work
Questions 12	Environment 65
Notes 12	Exploring Your Personal Strengths 67
Understanding Motivation 15	Build on Your Strengths 67
	Using Emotional Intelligence in Your
Learning Objectives 15	Personal Life
What Do I Want from College? 16	and Career 69
What Is the Value of a College	Exploring Your Interests 71
Education? 16	Realistic 71
Choosing a Major and Career 18	Investigative 72
How to Be Motivated 18	Artistic 72
Your Mindset Makes a Difference 18	Social 72
Grit: A Powerful Tool for Student Success 20	Enterprising 72
Thinking Positively about the	Conventional 72
Future 22	Using Values to Make Important Life Decisions 75
Find Something Interesting in Your	
Studies 24	Work Skills for the Twenty-First Century 77 Career Trends 2019–2029 77
Avoid Multi-Tasking 25	
Intrinsic or Extrinsic Motivation 26	Working from Home 77
Locus of Control 26	Flexibility 78
Other Ways to Improve Motivation 28	Diversity at Work 78

1

Preference for Soft Skills 78	Aim for Excellence, Not
Green Jobs 78	Perfection 106
Finance and Business 79	Make Learning Fun by Finding a Reward 106
Entrepreneurship and Small	Take a Break 106
Business 79	
Higher Earnings in STEM	Learn to Say No Sometimes 107
Occupations 79 Increased Need for Education 79	Dealing with Time Bandits 107
	Dealing with Procrastination 108
Increasing Opportunities in Healthcare, Social Service, Computer, and	Why Do We Procrastinate? 108
Mathematical Occupations 80	Tips for Dealing with Procrastination 110
Technological Advancement 81	Managing Your Money 112
Declining Careers in Manufacturing,	Budgeting: The Key to Money
Retail Trade, Sales, and	Management 112
Administrative Support 81	Need More Money? 114
Career Outlook 81	The Best Ideas for Becoming Financially
Keys to Success 85	Secure 115
Appreciating Island Cultures: Tattoos 86	Tips for Managing Your Money 116
Questions 86	Keys to Success: Do What Is Important
Notes 87	First 117
Exercises 89	Appreciating Island Cultures: The Sirena 118
Managing Time and Money 93	Questions 119
Learning Objectives 93	Notes 119
What Are My Lifetime Goals? 94	Exercises 121
A C F O OF	
The ABCs of Time Management 97	Using Brain Science to Improve
Technology and Time Management 99	Memory 133
Suggestions for Dealing with	Learning Objectives 133
Technology Addiction 99	Improving Your Memory 134
How to Estimate Study and Work	Memory: Short Term Versus Long
Time 100	Term 134
Schedule Your Success 101	Forgetting 134
What Is Your Chronotype? 101	Minimizing Forgetting 135
Using a Schedule 102	Practical Memory Techniques Based on
If You Dislike Schedules 103	Brain Science 137
Manage Your Time with a Web	Think Positively about Learning 137
Application 104	Develop an Interest 137
Time Management Tricks 104	See the Big Picture First 138
Divide and Conquer 105	Meaningful Organization 138
Do the First Small Step 105	The Magical Number 7 Theory 138
The 80/20 Rule 105	Visualization 139

Intend to Remember 140	Gustatory Learning Strategies 162
Elaboration 140	Applying Memory Strategies to
Distribute the Practice 140	Reading 163
Create a Basic Background 141	A Study System for Reading a College
Stress and Emotions 141	Textbook: SQ4R 163
Using Mnemonics and Other	Reading Strategies for Different
Memory Tricks 142	Subjects 167
Acrostics 142	Improving Reading Concentration 168
Acronyms 143	Guidelines for Marking Your
Peg Systems 143	Textbook 170
Loci Systems 144	Tips for Online Learners 172
Visual Clues 144	Advantages of Online Learning 172
Say It Aloud 144	Challenges of Online Learning 172
Have a Routine 144	Balance Freedom with
Write It Down 144	Responsibility 172
Remembering Names 145	Establish a Personal Schedule 172
Optimize Your Brain Power 146	Minimize Distractions 172
Stress, Relaxation, and Learning 147	Read the Syllabus 173
What Is Stress? 148	Online Learning and Memory 173
Relax While Studying 148	Review Tools 173
Practice Stress-Reducing	Online Assessment 173
Thoughts 148	Expect More Writing 174
Using Mindfulness to Relax 149	How to Be Successful in Your Math
Other Relaxation Techniques 150	Courses 174
Keys to Success: Positive Thinking 151	A Student Perspective: How to Be Successful in Math 177
Appreciating Island Cultures: The Story of	Keys to Success: Create Your Success 178
Haloa 152	
Questions 153	Appreciating Island Cultures: Tiare Apetahi 180
Notes 153	Questions 181
Exercises 155	Notes 181
	Exercises 183
Using Brain Science to Improve	Exercises
Study Skills 159	Taking Notes, Writing, and
Learning Objectives 159	Speaking 187
Neuroscience and Practical Learning	
Strategies 160	Learning Objectives 187
Visual Learning Strategies 160	Why Take Notes? 188
Audio Learning Strategies 161	The College Lecture 189
Tactile Learning Techniques 162	How to Be a Good Listener 189
Kinesthetic Learning Strategies 162	Handwritten Notes and Memory 190
Olfactory Learning Strategies 162	Tips for Good Note Taking 190
	NOTA- ISVING SVETAME 197

6

The Cornell Format 192	Math Tests 232
The Outline Method 193	Taking Tests 233
The Mind Map 194	True-False Tests 233
Taking Notes in Math 195	Multiple-Choice Tests 235
Improving Note-Taking Efficiency 195	Matching Tests 240
Telegraphic Sentences 195	Sentence-Completion or Fill-in-the-
Signal Words 197	Blank Tests 241
How to Review Your Notes 198	Essay Tests 242
Power Writing 199	What to Do When Your Test Is
Prepare 200	Returned 244
Organize 202	Keys to Success: Be Prepared 245
Write 203	Appreciating Island Cultures: How Maui
Writer's Block 205	Slowed the Sun (Maori) 246
Edit and Revise 206	Questions 247
Final Steps 207	Notes 247
Effective Public Speaking 208	Exercises 249
	7 Thinking Positively about the
Preparing and Delivering Your	
Speech 208	Future 253
Keys to Success: Be Selective 211	Learning Objectives 253
Appreciating Island Cultures: How the 'Ulu	Thinking Positively about Your Career 254
Tree Came to Hawai'i 212	Optimism, Hope, and
Questions 213	Future-Mindedness 254
Notes 213	Believe in Yourself 255
Exercises 215	The Self-Fulfilling Prophecy 255
	Positive Self-Talk and Affirmations 256
Test Taking 219	Visualize Your Success 258
Learning Objectives 219	Successful Beliefs 258
Preparing for Tests 220	Secrets to Happiness 260
Attend Every Class 220	Making Positive Changes in Your Life 265
Distribute the Practice 220	Keys to Success: You Are What You
Schedule a Time and a Place for	Think 267
Studying 221	Appreciating Island Cultures: Maui and His
Test Review Tools 222	Magic Fish Hook 267
Reviewing Effectively 222	Questions 268 Notes 269
Predicting Test Questions 224	
Preparing for an Open-Book Test 224	Exercises 271
Emergency Procedures 224	Classes and
Ideas That Don't Work 226	Glossary 279
Dealing with Test Anxiety 229	Index 283
Dealing with Math Anvioty 221	IIIUCA 203

Dealing with Math Anxiety 231

8