CONTENTS

Preface xi	Your Mindset Makes a Difference 26
Features of This Book xiii	Grit: A Powerful Tool for Student
Acknowledgments xv	Success 28
About the Artist xvii	Thinking Positively about the
About the Authors xix	Future 30
The Spirit Essence of All We Do:	Find Something Interesting in Your Studies 32
Cultural Identity and Success 1	Avoid Multi-Tasking 33
Learning Objectives 1	Intrinsic or Extrinsic Motivation 34
Celebrate Who You Are 2	Locus of Control 34
Getting Started 3	Other Ways to Improve Motivation 36
College Success 3	Success Is a Habit 38
The Unfortunate History of Higher	Eight Steps to Change a Habit 38
Education for Native American and	Keys to Success: Persistence 40
Indigenous Students 4	Interviews and Stories from the Elders 41
The Rebirth of Education and Cultural Identity 7	Interview from the Elder: Juanita Edaakie 42
The Importance of Family and Home 7	Talking Circle 46
Overcoming Obstacles 9	Notes 47
Cultural Differences 9	Exercises 49
Academic and Financial Issues 10	
Personal Empowerment through	Walk with Nature as One:
Culture 11	Choosing Your Major 61
Cultural Traditionalism 15	Learning Objectives 61
Finding a Safe Place 15	Making a Career Decision 62
Health and Well-Being 15	Steps in Making a Career Decision 62
Suggestions for Successful Learning from the Native Perspective 17	Choose a Major That Matches Your Gifts and Talents 63
Stories from the Elders: Wesakechak	Understanding Personality Types 64
and Crane 18	Extraversion or Introversion 64
Notes 19	Sensing or Intuition 67
Talking Circle 19	Thinking or Feeling 69
Notes 20	Judging or Perceiving 71
Droams Pring Knowledge	Personality and Career Choice 74
Dreams Bring Knowledge: Understanding Motivation 23	Personality and Preferred Work
Onderstanding Motivation 23	Environment 75
Learning Objectives 23	Exploring Your Personal Strengths 77
What Do I Want from College? 24	Build on Your Strengths 77
What Is the Value of a College Education? 24	Using Emotional Intelligence in Your Personal Life and Career 79
Choosing a Major and Career 26	Exploring Your Interests 81

1

2

How to Be Motivated 26

Realistic 81

Investigative 82	A Goal or a Fantasy? 106
Artistic 82	The ABCs of Time Management 108
Social 82	Technology and Time Management 110
Enterprising 82	Suggestions for Dealing with
Conventional 82	Technology Addiction 110
Using Values to Make Important Life	How to Estimate Study and Work Time 111
Decisions 85	Schedule Your Success 112
Work Skills for the Twenty-First Century 87	What Is Your Chronotype? 112
Career Trends 2019–2029 87	Using a Schedule 113
Working from Home 87	If You Dislike Schedules 114
Flexibility 88	Manage Your Time with a Web
Diversity at Work 88	Application 115
Preference for Soft Skills 88	Time Management Tricks 115
Green Jobs 88	Divide and Conquer 116
Finance and Business 89	Do the First Small Step 116
Entrepreneurship and Small	The 80/20 Rule 116
Business 89	Aim for Excellence, Not
Higher Earnings in STEM	Perfection 117
Occupations 89	Make Learning Fun by Finding a
Increased Need for Education 89	Reward 117
Increasing Opportunities in Healthcare,	Take a Break 117
Social Service, Computer, and	Learn to Say No Sometimes 118
Mathematical Occupations 90	Dealing with Time Bandits 118
Technological Advancement 91	Dealing with Procrastination 119
Declining Careers in Manufacturing,	Why Do We Procrastinate? 119
Retail Trade, Sales, and	Tips for Dealing with
Administrative Support 91	Procrastination 121
Career Outlook 91	Managing Your Money 123
Keys to Success 95	Budgeting: The Key to Money
Stories from the Elders: The Creation of the Fifth Sun and Moon 96	Management 123
	Need More Money? 125
Notes 97	The Best Ideas for Becoming Financially
Talking Circle 97	Secure 126
Notes 98	Tips for Managing Your Money 127
Exercises 99	Keys to Success: Do What Is Important First 128
The Moon Will Smile at Your	Stories from the Elders: How the Navajo
Courage: Managing Time and	Learned to Weave 129
Money 103	Reference 130
Learning Objectives 103	Talking Circle 130
The Native Concept of Time 104	Notes 131
What Are My Lifetime Goals? 105	Exercises 133
What Are My Lifetime Godis! 103	

5 The Earth Sings the Same Song It Sang to My Ancestors: Improving Your Memory 145	Practice Stress-Reducing Thoughts 162 Using Mindfulness to Relax 163
	Other Relaxation Techniques 164
Learning Objectives 145	Keys to Success: Positive
Native Ways of Knowing 146	Thinking 165
5 Characteristics of Indigenous	Stories from the Elders: Wesakechak
Knowledge 146	e-pwekitot 166
Improving Your Memory 148	Talking Circle 167
Memory: Short Term Versus Long Term 148	Notes 168
Forgetting 148	Exercises 169
Minimizing Forgetting 149	6 The Rainbow Will Rise Full Circle:
Practical Memory Techniques Based on	Improving Study Skills 173
Brain Science 151	
Think Positively about Learning 151	Learning Objectives 173
Develop an Interest 151	Neuroscience and Practical Learning
See the Big Picture First 152	Strategies 174
Meaningful Organization 152	Visual Learning Strategies 175
The Magical Number 7 Theory 152	Audio Learning Strategies 175
Visualization 153	Tactile Learning Techniques 176
Intend to Remember 154	Kinesthetic Learning Strategies 176
Elaboration 154	Olfactory Learning Strategies 176
Distribute the Practice 154	Gustatory Learning Strategies 176
Create a Basic Background 155	Applying Memory Strategies to
Stress and Emotions 155	Reading 177
Using Mnemonics and Other	A Study System for Reading a College Textbook: SQ4R 177
Memory Tricks 156	Reading Strategies for Different
Acrostics 156	Subjects 181
Acronyms 157	Improving Reading Concentration 182
Peg Systems 157	Guidelines for Marking Your
Loci Systems 158	Textbook 184
Visual Clues 158	Tips for Online Learners 186
Say It Aloud 158	Advantages of Online Learning 186
Have a Routine 158	Challenges of Online Learning 186
Write It Down 158	Balance Freedom with
Remembering Names 159	Responsibility 186
Optimize Your Brain Power 160	Establish a Personal Schedule 186
Stress, Relaxation, and Learning 161	Minimize Distractions 186
What Is Stress? 162	Read the Syllabus 187
Relax While Studying 162	Online Learning and Memory 187

Review Tools 187

Online Assessment 187		Effective Public Speaking 222
Expect More Writing 188		Learn to Relax 222
How to Be Successful in Your Math		Preparing and Delivering Your
Courses 188		Speech 222
A Student Perspective: How to Be Successful in Math 191		Keys to Success: Be Selective 225
		Stories from the Elders: How the Spider
Keys to Success: Create Your Success 192		Symbol Came to the People 226 Notes 227
Stories from the Elders: How Spider Stole the Sun 194		Reference 227
Notes 195		
References 195		Talking Circle 228
Talking Circle 195		Notes 229
Notes 196		Exercises 231
Exercises 197	8	Walk with Bare Feet on the Earth:
Exercises 177		Test Taking 235
Listen to the Trees Talk:		
Taking Notes, Writing, and		Learning Objectives 235
Speaking 201		Begin Your Journey with Smudging 236
		Preparing for Tests 237
Learning Objectives 201		Attend Every Class 237
Why Take Notes? 202		Distribute the Practice 238
The College Lecture 203		Schedule a Time and a Place for
How to Be a Good Listener 203		Studying 238
Handwritten Notes and Memory 204		Test Review Tools 239
Tips for Good Note Taking 204		Reviewing Effectively 239
Note-Taking Systems 206		Predicting Test Questions 241
The Cornell Format 206		Preparing for an Open-Book Test 241
The Outline Method 207		Emergency Procedures 242
The Mind Map 208		Ideas That Don't Work 243
Taking Notes in Math 209		Dealing with Test Anxiety 246
Improving Note-Taking Efficiency 209		Dealing with Math Anxiety 248
Telegraphic Sentences 209		Math Tests 249
Signal Words 211		Taking Tests 250
How to Review Your Notes 212		True-False Tests 250
Power Writing 213		Multiple-Choice Tests 252
Prepare 214		Matching Tests 257
Organize 216		Sentence-Completion or Fill-in-the-
Write 217		Blank Tests 258
Writer's Block 219		Essay Tests 259
Edit and Revise 220		What to Do When Your Test Is
Final Stone 221		Returned 261

Final Steps 221

7

Keys to Success: Be Prepared 262
Interview from the Elder: Ms. Elaine St.
John 263
Talking Circle 267
Notes 268
Exercises 269

Walking in Beauty and Harmony: Thinking Positively about the Future 273

Learning Objectives 273
Thinking Positively about Your Career 274
Optimism, Hope, and
Future-Mindedness 274
Believe in Yourself 275
The Self-Fulfilling Prophecy 276
Positive Self-Talk and Affirmations 276
Visualize Your Success 278
Successful Beliefs 279
Secrets to Happiness 280
Making Positive Changes in Your Life 285

Keys to Success: You Are What You
Think 287
Stories from the Elders: Coyote Creates the
Earth 287
Talking Circle 290
Notes 291
Exercises 293

Additional Cultural Material 301

To'lowim Woman and Butterfly Man 301
The Youth Who Brought the Corn 303
How Coyote Got His Cunning 306
The Gifts of Gluscap 308
The Wooden Doll, Iroquois, Northeast 310
White Buffalo Calf Woman 312

Glossary 315 Index 319