

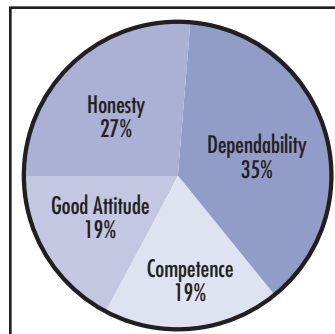
Thought Patterns for a Successful Career™



Retention ranks as the number one challenge to career colleges today. In fact, it is a problem facing all levels of education. Getting the students into school is one thing – keeping them there is another. In order for the students and the schools to be successful, students must stay in school.

According to a recent national survey, business owners and corporate executives were asked to rate what they valued most in a new employee:

- Dependability – 35%
- Good Attitude – 19%
- Honesty – 27%
- Competence – 19%



The results are clear: 81% of corporate America rates performance skills as far more important than “hard” skills. However, most schools spend an overwhelming majority of time and energy developing the hard skills. How do you fill the gap between what employers want and what schools teach? How do you turn out graduates ready to meet the challenges of the fast-paced world of business?

Building on nearly 40 years experience, with a curriculum based on the tenets of cognitive psychology and social learning theory, The Pacific Institute bridges this gap with its innovative program *Thought Patterns for a Successful Career*. Designed specifically to enhance student retention, as well as give students the tools to succeed in school and beyond, *Thought Patterns* emphasizes those “soft” skills most desired by employers:

- Flexibility
- Resiliency
- Critical Thinking
- Accountability
- Creativity/Innovation
- Leadership

A typical implementation plan involves two distinct, yet interdependent tracks. Administration, staff and teachers receive *Investment in Excellence*® and training to facilitate *Thought Patterns for a Successful Career* which is presented to the students. This is a comprehensive, custom-tailored process that consists of education, training and consulting, designed to produce lasting, measurable results to improve school effectiveness.

Students’ successful assimilation of The Pacific Institute’s curriculum is reflected in many ways. They stay in school, attend and succeed in their classes, they succeed in their jobs, and – more importantly – they succeed in life.



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Learning Units

Course Overview **Looking Forward Safely** – Introduction unit designed for pre-registration, to help the students prepare for the experience of higher education.

Unit 1 **What’s Holding Me Back?** – Am I seeing all there is to see? What am I missing, and why?

Unit 2 **Who Am I Listening To?** – We realize that what may be “the truth” to others, isn’t necessarily our truth.

Unit 3 **Lock-On / Lock-Out** – Sometimes, the absence of the truth may set you free.

Unit 4 **My Brain’s Filter System** – Discover the levels of the mind involved in the thought process and what they do.

Unit 5 **How My Mind Works** – The three levels of the mind work together to make sure we act like we know we are.

Unit 6 **Free Flowing at a New Level** – Stress comes when we try to behave differently than we know we are.

Unit 7 **Leaning in the Right Direction** – Our habits and attitudes can keep us from getting to where we want to be.

Unit 8 **How My Beliefs are Formed** – Thoughts accumulate to become beliefs, so it is important to control our thoughts.

Unit 9 **Building My Self-Image** – Each of us builds a self-image with our own thoughts.

Unit 10 **My Future is Up to Me** – We move toward and become like what we think about; our present thoughts determine our future.

Unit 11 **I’m Worth It!** – Learn the importance of building high self-esteem, in yourself and in others around you.

Unit 12 **Make the Unfamiliar Familiar** – Comfort zones can keep us safe, but they can also keep us from moving forward.

Unit 13 **The Next Time** – Self-talk is utilized to change future performance, and we start by giving ourselves future goals with “The next time...”

Unit 14 **Putting Life on a Want-To** – Motivation comes in two varieties: constructive (want-to) and restrictive (have-to), moving you forward or holding you back.

Unit 15 **Making the Pictures Match** – The world outside must match the picture we have in our minds. When it doesn’t, we have a problem.

Unit 16 **I Can See It!** – Human beings need goals; it’s a fact of life. We must dream big and give ourselves big goals.

Unit 17 **If It’s to Be, It’s Up to Me** – When we visualize the new, we become dissatisfied with the old.

Unit 18 **My Better Future** – If we demand to know the “how” first, we will back up our goals and not grow into our future.

Unit 19 **My Goals – My Vision – My Future** – Create the vision of the way you want your future to look like before it actually happens.

Unit 20 **If I Want It, I Can Create It** – By developing your personal efficacy, you will look forward and see success.

Unit 21 **Rites of Passage** – One statement of fact can change your life forever.

Sustained Learning

Included in the student package are 20 audio sessions on four CDs, recorded by Lou Tice, that go with the Audio Assimilation portion of the student book, and maximize optimal sustained learning and application of the course concepts.