## GETTING STARTED WITH
BYTES IN THE CLASSROOM

### STRAND A. DEVELOPING THE SKILLS, STRATEGIES, AND HABITS NEEDED TO SUCCEED

- **A1.1** Recognize Perseverance In Your Personal And Professional Life
- **A1.2** Build Resilience Through Optimism
- **A1.2** Get Moving to Reduce Stress
- **A1.2** 5 ways to focus on your mental health this semester
- **A2.1** SMART Goals: Realistic
- **A2.2** Why is career planning important for my long-term goals?
- **A2.2** Improve your decision making skills through self-reflection
- **A2.2** How do I plan my goals using a flow chart?

### STRAND B. EXPLORING AND PREPARING FOR THE WORLD OF WORK

- **B1.1** How Can I Make Team Diversity A Strength?
- **B1.2** How do I choose the right extracurricular activity?
- **B1.2** 4 steps to make the most out of a volunteer role
- **B1.3** Identify Transferable Skills
- **B2.1** What are soft skills?
- **B2.2** How Culture Influences Your Behavior
- **B2.3** Protecting Your Digital Reputation
- **B2.4** Nice to Meet You! Networking introductions
- **B3.1** How Do I Pick A College?

### STRAND C. PLANNING AND FINANCIAL MANAGEMENT TO HELP MEET POSTSECONDARY GOALS

- **C1.1** 4 steps to a more fulfilling university experience
- **C1.2** Why Set Goals?
- **C1.2** How to set personal and professional goals
- **C1.3** Resume Writing
- **C1.3** Interviewing
- **C1.3** Should I make A TikTok resume?
- **C2.1** Learn how to save money for college in 6 minutes
- **C2.2** How Does Credit Work?
- **C2.3** Develop Habits to Reach Your Financial Goal