**Name Cards**
1.0  Evaluate Individual Strengths, Values and Personality Traits
1.1  Evaluate the importance of a positive self-concept

6.0  Develop Communication Skills for Public and Workplace Environments
6.1  Utilize interpersonal skills to interact positively with others
6.2  Demonstrate active listening skills
6.5  Communicate using demonstration and presentation skills

Students create name cards as an introductory to the course.  The name cards include:

* An **adjective** for their first name describing who they are  "Sociable Serena".
* **Three goals:**
Personal, Educational, and Career Goals that are SMART (Specific, Measurable, Attainable, Relevant, and Timebased).
Example:
In 2 weeks I will apply for the graduate program at NAU in Administration.
* **Interests**
* **Values**
* **Personality**