

GPS LifePlan



What is the GPS LifePlan?

- The GPS LifePlan is an interactive resource tool that helps students succeed in reaching their Career, Education and Personal goals.
- This program provides a structure for students to define their goals and helps them establish plans to meet those goals.
- There are 5 sub-plans included in the GPS LifePlan. They include the CareerPlan, EducationPlan, FinancePlan, LeadershipPlan and PersonalPlan.
- There are three major components to the GPS LifePlan: the web-based GPS LifePlan tool, an electronic portfolio (eFolio) and campus activities and events.
- The GPS LifePlan is designed to be an individualized program. This program has the flexibility to be used by students of all ages and at all stages. There is a basic structure and format provided but each student's experience will be unique and he or she can decide how to make it work for them.



CAREER



EDUCATION



FINANCE



LEADERSHIP



PERSONAL

"Planning ahead [and] mapping a visual outline is always good. Any 'preventive maintenance' or 'preplanning' can only be a benefit!"

- College Student

**Goals + Plans =
Success**

"I have been to GPS Workshops and I think they are an excellent way to plan your college journey."

- Century College Student



Minnesota
STATE COLLEGES
& UNIVERSITIES



GPS LifePlan

General Program Overview

Program Components

- Website
- eFolio
- Campus Activities
- Curriculum Integration
- Student Success Day
- Student-Faculty Interaction

CareerPlan Topic Areas

- Self-Assessment
 - Interests
 - Skills
 - Work Values
 - Personality
- Career Research and links to Education
- Marketing Yourself & Job Seeking
- Job Loss and Transition

EducationPlan Topic Areas

- Degree/Program
- Course Planning
- Study Skills
- Learning Styles
- Grade Issues
- Transfer Planning
- College Readiness

FinancePlan Topic Areas

- Financing Education
 - Financial Aid
 - Scholarships
 - Tax Related Benefits
 - Military Ed. Benefits
- Budget
- Debt Management
- Credit Management
- Identity Theft
- Saving for the Future

LeadershipPlan Topic Areas

- Leadership Skills
- Resources for Leading
- Civic Engagement
- Service Learning
- Global Competence
- Citizenship

PersonalPlan Topic Areas

- Life Transitions
- Stress Management
- Relationships
- Physical & Mental Health
- Child Care
- Housing
- Transportation & More

For more details visit: www.lifeplan.project.mnscu.edu and www.gpslifeplan.org

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Class/Dept.	Assignments (GPS LifePlan Area)
Public Speaking	-GPS LifePlan Impromptu Speech (GPS LifePlan) -GPS LifePlan Leadership Project & Speeches (LeadershipPlan) Sections: Leadership Philosophy, Articulating a Vision, Welcome/Home , Introduction eFolio (GPS LifePlan) -Learning Styles & Study Skills Research (EducationPlan) -Mental Health topics (Personal Plan) -Personal interests, values, skills, possible careers, major of study (CareerPlan) -Persuasive speech on finance (FinancePlan) and leadership (LeadershipPlan)
Criminal Justice	- Career Preparation Analysis (CareerPlan)
Health	-Using the GPS to solve a personal problem (PersonalPlan)
Study Skills	- Using the GPS LifePlan to Reduce Test Anxiety (EducationPlan) - Develop a S.M.A.R.T. goal to identify a study skill to improve (EducationPlan) - Time Management Strategies (EducationPlan) - Build Your Own Vocabulary with Prefixes and Root Words (EducationPlan) - Test Taking Techniques (EducationPlan)
Visual Communication Technology	-Assess Yourself, Explore Careers, Explore Educational and Training Options, Make Decisions and Set Goals (CareerPlan) -Learning Styles (EducationPlan)

Sampling of courses that have integrated the GPS LifePlan into curriculum:

1. Biology Concepts (BIOL 1020)
2. Introduction to Business (BMGT 1020)
3. Computer Literacy (CAPL 1000)
4. Public Speaking (COMM 1021)
5. Interpersonal Communication (COMM 1031)
6. Introduction to Cosmetology (COS 1000)
7. Principles of Chemistry (CHEM 1041)
8. Police in the Community (CJS 2081)
9. Career and Life Planning (CRRS 1010)
10. Strategies for Success (CRRS 1000)
11. Pathways to Success (CRRS 1001)
12. Academic Journey (CRRS 1111)
13. Dental Assisting Pre-Clinic II (DENA 1012)
14. Dental Radiology (DENA 1031)
15. Dental Hygiene Oral Anatomy (DENH 1023)
16. Emergency Medical Services Clinical Orientation (EMS 1070)
17. Introduction to Writing (ENGL 0090)
18. Composition I (ENGL 1021)
19. American English: Advanced Listening and Speaking (ESOL 1033)
20. Nutrition (HLTH 1070)
21. Landscape Design (HORT 2047)
22. Individualized Competency Based Education (ICBE 1000)
23. Introduction to Information and Telecommunications Technology (ITT 1020)
24. Professional Development (MKTG 1025)
25. Yoga (PE 1064)
26. Introduction to Sports Facility Management (PE 2080)
27. Preparation for College Reading (RDNG 0080)
28. Introduction to College Reading (RDNG 0090)
29. Introduction to Criminal Justice (SOC 1080)
30. Introduction to Study Skills (STSK 1005)
31. The Effective Learner (STSK 1006)
32. Independent Study – Study Skills (STSK 1790)
33. Introduction to Visual Communications Technologies (VCT 1010)
34. Trend Analysis (MKTG 2035) Nursing Theory (NURS 1030)
35. Clinical Application (NURS 1035)
36. New Student Seminar (STSC 1000)
37. Intercultural Communication (COMM 1051)

Sample of GPS LifePlan Integration and Century College

Class/Dept.	Assignments (GPS LifePlan Area)
English 90 (Developmental)	<ul style="list-style-type: none"> -Budget Analysis (FinancePlan) -Understanding Your Credit (FinancePlan) -Getting out of Debt (FinancePlan) -Creating your own vision mission (short, medium, long term) (CareerPlan) -Goal Setting – One and five year (FinancePlan) -Scholarship applications (FinancePlan) -Descriptive Paragraphs (GPS LifePlan) -Cause-Effect Essay (GPS LifePlan)
Dental Assisting	<ul style="list-style-type: none"> -Goal Setting Exercise (Beginning, middle, end of semester) (EducationPlan) -Survey on GPS Goal Setting (EducationPlan)
Intercultural Communication	<ul style="list-style-type: none"> - GPS EducationPlan Early Student Success Assignment (EducationPlan) - GPS LifePlan Early Student Success Assignment (GPS LifePlan)
Reading 80 (Developmental)	<ul style="list-style-type: none"> -Multiple Intelligences (EducationPlan) -Differences Between High School and College (Personal Plan)
English 80 (Developmental)	<ul style="list-style-type: none"> - Writing definition of a personal communication goal (PersonalPlan) - Analysis of individual learning style (EducationPlan)
Sports Facility Management	<ul style="list-style-type: none"> -Resume Writing (CareerPlan) -Networking (CareerPlan)
Study Skills	<ul style="list-style-type: none"> -Goal Setting (EducationPlan) -Develop an Individual Academic Plan (EducationPlan)
Nursing	<ul style="list-style-type: none"> - Improve test taking skills (EducationPlan) - Improve skills for working on a group assignment (LeadershipPlan)
Reading 90 (Developmental)	<ul style="list-style-type: none"> -Personal fitness goals, eFolio (PersonalPlan) -Adult Learner and Resiliency Activity (PersonalPlan) -Bloom's Taxonomy of Critical Thinking (EducationPlan) -Mental Health Issues (PersonalPlan) -Learning Styles (EducationPlan) - Stress Reduction (PersonalPlan) - Jung Typology Test (LeadershipPlan)
Marketing	<ul style="list-style-type: none"> -Learning online, learning styles, goals and expectations (EducationPlan) -Building awareness of a life plan (GPS LifePlan) -Using the Degree Audit Report (EducationPlan) -Cultural Diversity (PersonalPlan) -Time Management (PersonalPlan) - Successful Team (LeadershipPlan) - Identifying Career Goals (CareerPlan) - Setting Goals (GPS LifePlan) -Assess Yourself, Explore Careers, Explore Educational and Training Options, Make Decisions and Set Goals (CareerPlan) -Leadership Styles (LeadershipPlan) -Learning Styles (EducationPlan) - Stress Management Project (Personal Plan)
Dental Hygiene	<ul style="list-style-type: none"> -Learning Styles Assessment and Class Instruction (EducationPlan) - Develop a S.M.A.R.T. goal to identify a study skill the student would like to improve. (EducationalPlan)
Emergency Medical Services	<ul style="list-style-type: none"> -Self Awareness and Professional Development (CareerPlan and EducationPlan)