

Peak Performance

Chapter 1 - Self-Assessment and Choosing Majors

- I. The Importance and Benefits of Self-Assessment**
- II. Using Critical Thinking Skills**
- III. Skills for School and Job Success**
- IV. Discovering Your Learning Style**
 - A. Learning Inventories
 - B. Are You a Reader, a Listener, or a Doer?
 - C. Visual Learners
 - D. Auditory Learners
 - E. Kinesthetic Learners
 - F. Other Learning Styles
 - G. Discovering Your Personality and Team Style
- V. Connecting Learning Styles and Personality Styles**
 - A. Analyzers
 - B. Supporters
 - C. Creators
 - D. Directors
- VI. Integrating Styles**
 - A. Integrating Both Sides of the Brain
- VII. Overcoming the Barriers to Self-Assessment**
 - A. Self-Assessment and the Workplace
- VIII. Choosing Your Major**