# BUS 1160: Working in a Professional Environment

## Week 1 Overview: Attitude, Goal Setting, and Life Management

### It’s All About You

You are unique; there is no one else just like you. Yet, there are many instruments out there that try to describe you, whether that is your personality, learning style, how you handle stress, or how you behave based on your culture, gender, or gene pool! In this introductory lesson, you will be introduced to some of those instruments; however, don’t let them fool you. You are the only one who can validate your preferences. Yes, preferences. Just as you may prefer one flavor to another or one color to another, you prefer to behave in certain ways as well. You can and do behave in a multitude of ways; however, again, you prefer some ways to others. We’ll introduce you to those in this and subsequent chapters, which will allow you to become more familiar with your preferences, learn about others, and learn how to work with their differences.

### Learning Styles

You will learn about how you learn. What, you ask? Yes, we all prefer to learn certain ways. No one way is better than another, but the more balanced we are in our learning skills, the more effective we can be in different learning situations. The instrument you take will allow you see what style you prefer, and throughout the rest of this course, you will have ample opportunities to try other styles and rely on others’ styles to design creative solutions. Knowing your preferred learning style will also help you determine the best way to learn a new task or job. We’ll discuss this in greater detail later in the course.

### Goals

Do you have any? I surmise you have one right now—to pass this course! But what about other goals? Do you have life goals? Academic goals? Professional goals? Life goals? There are many types and you will learn in this lesson how to not only write effective goals, but how to make them meaningful to you and your success.

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