



Upon graduating from the GBS Seminar, participants will be able to:

1. Establish a long-term career goal and long-term personal goals.
2. Establish short-term goals that will allow them to achieve their long-term career and personal goal.
3. Apply critical thinking skills to important situations, issues or goals in their lives. In particular, the student will be able to:
 - a. Identify the facts of a situation or issue.
 - b. Identify and seek out additional information critical to that situation or issue.
 - c. Identify their strengths and how they apply to a particular situation or issue.
 - d. Understand organizational structures and how organizations work.
 - e. Identify the needs of organizations and of others in a position to help them reach their goal.
 - f. Match their goals with goals of an organization and individuals in a position to help them reach their goals.
4. Develop workable solutions to problems.
5. Prepare for informational interviews and other meetings by developing a detailed agenda and questions that engage the other person(s) and elicit information that will help them meet their goals.
6. Demonstrate the ability when meeting with an adult in an educational or in a professional setting to:
 - a. Ask good questions and integrate the responses to those into follow-up questions.
 - b. Present and connect their strengths with the goals and needs of the adult with whom they are meeting.
 - c. Obtain useful information that will help them achieve their goals.
7. Understand the process of personal change and use this knowledge to better manage important transitions in their life.
8. Identify potential mentors and allies and establish useful relationships with these individuals.
9. Demonstrate increased confidence in analyzing and responding to situations or issues that arise in the adult world.