Take Control of Your Career and Your Life

Syllabus

Use this syllabus as your step-by-step guide through the course. Feel free to work at your own pace—every part of this course will be available to you anytime, anywhere!

Before Class Starts

- ☐ Print the syllabus and check off each step as you go.
- ☐ Print your red and green cards. One week before you begin class, use them to jot down what you loved and what you loathed about the week.
- ☐ Send an online invitation to your friends and family to join you in class!

Session 1

- ☐ Before class, jot down your initial answers in the Session 1 workbook.
- ☐ Watch the Session 1 course video on Oprah.com, or download it on iTunes.
- ☐ Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

Session 2

- ☐ Before class, jot down your initial answers in the Session 2 workbook.
- ☐ Watch the Session 2 course video on Oprah.com, or download it on iTunes.
- ☐ Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

Session 3

- ☐ Before class, jot down your initial answers in the Session 3 workbook.
- ☐ Watch the Session 3 course video on Oprah.com, or download it on iTunes.
- ☐ Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

Session 4

- ☐ Before class, jot down your initial answers in the Session 4 workbook.
- ☐ Watch the Session 4 course video on Oprah.com, or download it on iTunes.
- ☐ Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

Session 5

- ☐ Before class, jot down your initial answers in the Session 5 workbook.
- ☐ Watch the Session 5 course video on Oprah.com, or download it on iTunes.
- ☐ Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

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Session 6

- [ ] Before class, jot down your initial answers in the Session 6 workbook.
- [ ] Get out the green cards you filled out before starting class.
- [ ] Print out your strengths statement worksheet.
- [ ] Watch the Session 6 course video on Oprah.com, or download it on iTunes.
- [ ] Fill out your strengths statement worksheet.
- [ ] Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

Session 7

- [ ] Before class, jot down your initial answers in the Session 7 workbook.
- [ ] Get out the red cards you filled out before starting class.
- [ ] Print out your weaknesses statement worksheet.
- [ ] Watch the Session 7 course video on Oprah.com, or download it on iTunes.
- [ ] Fill out your weaknesses statement worksheet.
- [ ] Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.

Session 8

- [ ] Before class, jot down your initial answers in the Session 8 workbook.
- [ ] Print your strong week plan worksheet.
- [ ] Watch the Session 8 course video on Oprah.com or download it on iTunes.
- [ ] Fill out your strong week plan worksheet.
- [ ] Revisit your workbook and update it with any new lessons you've learned or additional questions that may have come up.