

Cornell Notes: Career Exploration – R. Paulse

Title: Ted Talk '8 secrets of success'

Date: July 5, 2021

Essential Question: How does one succeed?

Questions/Key Ideas

Notes:

What helped you succeed?

Self-reflection: What has worked for you in the past?

What has not worked for you in the past?

1. Passion
2. Work
3. Focus
4. Good
5. Push
6. Serve

7. Ideas
8. Persist

Do it for love, not for money. Money will follow passion.
Have fun working.
Practice; put your mind to it and focus.
Be positive and supportive of yourself.
Push yourself physically and mentally.
It is a privilege to serve; serve others something of value.
Listen, observe, be curious.
persist through failure, judgement, etc.

Summary:

- focus on values

- 8 keys to success: passion, work, focus, persist, ideas, good, push, serve.

- The Ted Talk: '8 secrets of success' is a great summary of essential areas on which to focus for personal and professional success. This short video would be a supportive component to the introduction to a 'Career Exploration' course (for example, in the first four weeks of self-exploration).