



Conscious Choices: A Model for Self-Directed Learning

Elaine Gray

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Promoting self-directed learning by creating an attitude and emotional readiness to learn, this text shows users how to develop qualities of emotional intelligence, increase critical thinking skills, and integrate personal goals into their decision making process. It delivers powerful concepts designed to create the receptivity, focus, and integrity necessary to master life long learning. **KEY TOPICS** Specific chapter topics cover values and goals, choices, attention: comprehension and focus, energy: mental and physical well being, emotional intelligence: self mastery, integrity: motivation and accountability, and integration: time and receptivity. For college students and students of life.

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