Since 1997, URI has been a partner with the FranklinCovey Corp., the world’s largest training organization. Thousands of URI students and staff have benefited from the many sponsored offerings delivered to employees, students and alums over the past 15 years. This course is the newest in that series of popular and timely programs to be made available. Dr. Knott, the Instructor, was the originator of that compact and, as a multiple program certified facilitator and instructor, as well as an emeritus faculty member, has taught hundreds of participants over the span of that partnership.

This 3-credit grad level course is offered in a compressed, two-weekend format that is open only to matriculated graduate students (including part-time, matriculated students). The course should appeal particularly to those interested in management, leadership, human resources, education, health care, psychology, human development, and administration. If you have taken the 7 Habits before, this new 5 Choices program entails an expansive, personal and much deeper dive into the vexing, all-important issues of Habit 3, with a handful of very pertinent and reinforcing personal and professional productivity topics woven into the two weekends of intensive personal development learning. The course syllabus incorporates topics such as positive self-direction, resilience, optimization, wellbeing, engagement, and asset-based self-management, in examining the essential features of the PROWESS Paradigm. This very interactive, experiential seminar is the 4th generation in a series of very popular life planning and time management programs formerly titled First Things First, What Matters Most, and Focus in series over two decades of instruction at URI.

In this class, participants will learn:

- **To separate important from urgent and choose what truly matters most as priorities.**
- **How to mine & employ personal strengths and monitor non-strengths for PROWESS.**
- **To use a ‘broaden and build’ approach to managing and using emotions optimally.**
- **What recent brain science findings can teach us about using our minds better.**
- **To adopt highly effective and efficient approaches to personal change initiatives.**

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**To register for this course contact:** Barbara Hogg, Graduate Professional Center, URI Feinstein College of Continuing Education, 80 Washington Street, Providence, RI 02903. The telephone number to register is 401-277-5200. **You cannot** register through e-campus. (For sign language interpretation, personal FM systems, and disability assistance, please contact Barbara Hogg, Grad. Prof. Center, (401) 277-5200 asap. (3/15).