

# Adult Life Management Toolbox

When students graduate from high school and enter society they will be treated like adults and expected to act like adults even though they are still teenagers. They must be ready to take charge of their whole lives.

## Ideal for students who aspire to:

- Establish their own identity.
- Develop mutually beneficial relationships.
- Work in a satisfying career.
- Rely on their own income.
- Connect with their community.
- Become an independent thinker.
- Understand what influences their life choices.

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the online store at  
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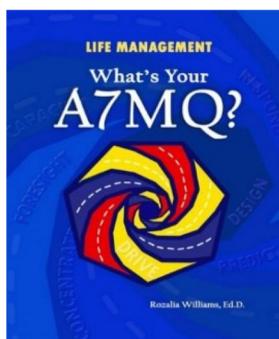
*Guidance  
Counseling*

# What's Your A7MQ?

## *Higher Ed Life Prep (HELP)*

The What's Your A7MQ? Life Management Toolbox empowers students to engage in self-guidance. Students learn how to answer seven major questions (A7MQ) in seven segments of their lives. Each answer helps them understand, in advance, what it takes to manage their whole lives as adults and attain their aspirations.

# What's Inside the A7MQ® Life Management Toolbox



## Life Management: What's Your A7MQ? Worktext

Society expects its citizens to be ready to take charge of their lives by the time they reach the age of majority, which is typically age 18. *Life Management: What's Your A7MQ?* provides a realistic picture of what to expect and what is expected of adults. This self-paced worktext takes the mystery out of what is required to attain one's adult aspirations by teaching students how to answer seven major questions (A7MQ) in seven segments of their lives, rather than having someone else provide answers for them.

Each chapter is designed to help students understand, *in advance*, how well they will be able to manage their *whole* lives in a college or corporate setting. It is a must-have for students who want to establish their own identity, develop mutually beneficial relationships, work in a satisfying career, rely on their own income, get involved in their community, become an independent thinker, and understand what influences their choices.

Additional features include chapter objectives, practice worksheets, self-scoring assessments, real-life 'What If...' scenarios, introspection journaling, quizzes, a culminating project, and a glossary. The High School edition features comprehensive precollege, matriculation, and graduation portfolio checklists; charts of campus support resources; and lists of major fields of study and national business industries.

## A7MQ® Life Management Wheel



This tool helps students take the guesswork out of structuring their day. A hand-held device, it provides quick access to the routine life management tasks one is expected to know about, talk about, and get done to attain their adult aspirations. The *A7MQ Life Management Wheel* gives students the freedom to choose what they will accomplish on a given day rather than having someone else choose for them.

The wheel conveniently displays the concepts found in the *Life Management: What's Your A7MQ?* worktext including the 28 mechanisms, seven segments of life, 15 driving forces, three capacity-builders, five goal-diggers, five elements of a strategic plan, 15 parking forces, and four response abilities. The wheel comes ready to use. No technology, wi-fi, batteries, chargers, hardware, or assembly is required.

## What's Your A7MQubes?



This tool gives students access to private guidance counseling anytime or anywhere. Students use this innovative and empowering set of self-guidance cubes to brainstorm over 6.7 million combinations of guidance prompts for what they can start, continue, or stop thinking, saying, doing, or becoming to attain their adult aspirations. *What's Your A7MQubes?* provide endless opportunities for students to expand their "response repertoire" and generate new possibilities rather than having someone else respond for them.

Each set comes with seven cubes, an 11x17 grid with 35 cells, and an instruction booklet that contains over 100 examples of goals to brainstorm in every segment of life. *What's Your A7MQubes?* is an excellent resource for students who have limited access to a guidance counselor or feel afraid, reluctant, or embarrassed to ask for help.

**High School Toolbox \$349 Each**

[www.A7MQ.Life](http://www.A7MQ.Life)

**College/Corporate Toolbox \$331 Each**