

2 Getting to Know Your Mind Better

2C Lesson — Internet Links and Other Resources to Explore

Each lesson group in this program, except for the first group, includes a lesson that encourages students to explore outside resources. This is the first to list books and web-sites that can enhance your understanding at this stage of our program.

PLEASE NOTE: We recommend returning to this lesson to explore the following after reading Lessons 1, 2, and 3 group and beginning to perform the earlier lesson activities.

Book—*Emotional Intelligence, Why It Can Matter More Than IQ*
Author Daniel Goleman 10th Anniversary edition or 1995 edition

The earlier version of the book was the first to introduce emotional intelligence. (USA New \$17.00--Used at various Internet book sites for far less than the retail price.) If you prefer to borrow the book from your local library and the library only has the older edition, you can read it now and suggest they purchase the newer edition and review it later.

Internet Links—If you haven't already done so, search "emotional intelligence" with your favorite web browser to observe the number of sites listed. Specific sites we suggest you check closely at this stage are:

www.ihhp.com	Institute for Health and Human Potential
www.6seconds.org	An Emotional Intelligence Network Organization
www.danielgoleman.info	Daniel Goleman, author of the book above

If you don't have a computer, you may be able to access the web-sites at your local library computer or have a friend print out pertinent information from these web-sites.

Helpful Driving Safety Resources—Using your favorite browser, search for “Driver Safety Programs”. Several should appear that offer free testing. In the USA, some state motor vehicle sites offer free on-line testing. If you explore other state sites, besides your own, be sure to realize that different states or localities may have a few different laws. In the US, most state laws are similar, making it easier to travel from state to state without problems.

California has a comprehensive testing program on their Department of Motor Vehicle (DMV) web-site that includes a short Tutorial worth taking to test or refresh skills. The site is www.dmv.ca.gov.

Directions from the California DMV Home Page: Look for “search” box and type in: sample drivers test. There will be a choice of (on site). You may need to click on this before you proceed. Once you click on “search”, a page should appear listing different tests. The test you want is Test C. There should be at least 2 sample tests with 25 multiple choice questions on each test. When you complete each one, your score will appear on the screen and you can review any questions answered in error. Also, look on the site's page with sample driver tests for the “Driving Knowledge Tutorial” mentioned earlier.