

Soft Skills for Career Success Video Series

Here is a list of the final edits of the 8 videos in the series. The videos are hosted on 3C Media Solutions. The direct link to each video is provided below along with a link to a playlist that contains all 8 videos.

The 3C media link contains a direct download option.

Captioning requests have been submitted for all videos through our Mt. SAC request form. I will add them when I receive them.

Each item has the following data (playlists only have direct links):

- 3C Link – A direct link to the video to view on 3C Media's website
- 3C Embed Code – HTML code you can embed from 3C Media
- YouTube Link – A link to the video on YouTube
- YouTube Embed Code – HTML code you can embed from YouTube

Jump to Content

- [SMART Goals](#)
- [Time Management](#)
- [Grow Your EQ](#)
- [Adaptability & Resilience](#)
- [Critical Thinking](#)
- [Conflict Resolution](#)
- [Empathy and Active Listening](#)
- [Giving and Receiving Feedback](#)
- [Playlists](#)

SMART Goals

3C Link:

<https://www.3cm mediasolutions.org/privid/464668?key=bf29853bf53336a8705e9b5db9c25983e4f7508f>

3C Embed Code:

```
<iframe title="Smart Goals"
src="https://3cm mediasolutions.org/privid/464668?embed=&key=bf29853bf53336a8705e9b5db9c25983e4f7508f&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/LmHaia2HMkU>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/LmHaia2HMkU?si=NpUrUGdcisxSV1n6" title="SMART
Goals" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media;
gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-cross-origin"
allowfullscreen></iframe>
```

Time Management

3C Link:

<https://3cm mediasolutions.org/privid/464842?key=295a43e09855090470cb58ca0f091e9e899bf3b7>

3C Embed Code:

```
<iframe title="Time Management Skills"
src="https://3cm mediasolutions.org/privid/464842?embed=&key=295a43e09855090470cb58ca0f091e9e899bf3b7&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/olX3XbjESmY>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/olX3XbjESmY?si=XOENbcZR_2xQhuEF" title="Time
Management Skills" frameborder="0" allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-
cross-origin" allowfullscreen></iframe>
```

Grow Your EQ

3C Link:

<https://3cm mediasolutions.org/privid/464980?key=7303f076f99b35bbe4d45119d3e1e3f680fe863a>

3C Embed Code:

```
<iframe title="Grow Your EQ"
src="https://3cm mediasolutions.org/privid/464980?embed=&key=7303f076f99b35bbe4d45119d3e1e3f680fe863a&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/gST2Se-1y6M>

YouTube Embed Code:

```
<iframe width="560" height="315" src="https://www.youtube.com/embed/gST2Se-1y6M?si=uLdfNOMi1WBP0Us_" title="Grow Your EQ" frameborder="0" allow="accelerometer;
autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share"
referrerpolicy="strict-origin-when-cross-origin" allowfullscreen></iframe>
```

Adaptability and Resilience

3C Link:

<https://3cm mediasolutions.org/privid/465024?key=9ba449a45befa49966eeddb682799f55c92994a1>

3C Embed Code:

```
<iframe title="Adaptability & Resilience"
src="https://3cm mediasolutions.org/privid/465024?embed=&key=9ba449a45befa49966eeddb68
2799f55c92994a1&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/43Gj8cZOWr4>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/43Gj8cZOWr4?si=Ha8md5musl_PvCZj"
title="Adaptability & Resilience" frameborder="0" allow="accelerometer; autoplay; clipboard-
write; encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-
when-cross-origin" allowfullscreen></iframe>
```

Critical Thinking

3C Link:

<https://3cm mediasolutions.org/privid/465212?key=3cec88bd04d6fb32675b1e60e55072ce6cb0e20d>

3C Embed Code:

```
<iframe title="Critical Thinking"
src="https://3cm mediasolutions.org/privid/465212?embed=&key=3cec88bd04d6fb32675b1e60e55072ce6cb0e20d&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/XnUYmFgYyKA>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/XnUYmFgYyKA?si=zZhysKTRjpEAKR92" title="Critical Thinking" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-cross-origin"
allowfullscreen></iframe>
```

Conflict Resolution

3C Link:

<https://3cm mediasolutions.org/privid/465336?key=1faaa9a9a0c5215cb152003a4595c37beb754d44>

3C Embed Code:

```
<iframe title="Conflict Resolution"
src="https://3cm mediasolutions.org/privid/465336?embed=&key=1faaa9a9a0c5215cb152003a4
595c37beb754d44&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/qOjHMEMOQTM>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/qOjHMEMOQTM?si=COHXt1LVxH9tNqaO"
title="Conflict Resolution" frameborder="0" allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-
cross-origin" allowfullscreen></iframe>
```

Empathy and Active Listening

3C Link:

<https://3cm mediasolutions.org/privid/465526?key=bd2678d758aca471badc54eef312a5dde3fa4490>

3C Embed Code:

```
<iframe title="Empathy and Active Listening"
src="https://3cm mediasolutions.org/privid/465526?embed=&key=bd2678d758aca471badc54eef
312a5dde3fa4490&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/bKoi671cxqM>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/bKoi671cxqM?si=vOdBw-mVbaBj1RF_" title="Empathy
and Active Listening" frameborder="0" allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-
cross-origin" allowfullscreen></iframe>
```

Giving and Receiving Feedback

3C Link:

<https://3cm mediasolutions.org/privid/465768?key=12e859efb0a93308999cbd644744e7dc289de076>

3C Embed Code:

```
<iframe title="Giving and Receiving Feedback"
src="https://3cm mediasolutions.org/privid/465768?embed=&key=12e859efb0a93308999cbd644
744e7dc289de076&width=640&height=360" width="640" height="360" scrolling="no"
allowfullscreen frameborder="0"></iframe>
```

YouTube Link:

<https://youtu.be/07v8JjGf3yM>

YouTube Embed Code:

```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/07v8JjGf3yM?si=F3h7Gz9XzM-f1H5q" title="Giving and
Receiving Feedback" frameborder="0" allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-
cross-origin" allowfullscreen></iframe>
```

Playlists

3C Media

<https://3cmediasolutions.org/playlists/4931>



YouTube

<https://www.youtube.com/playlist?list=PLMPzIVfS0mi0S9QIWjERZqm-5RPDfn88X>

