



Program: *Quest for the Empowered Self*
(COUN120 Quest for Identity/Life Skills)

Start Date: January 16, 2010

End Date: May 21, 2010

Program Airs on PCTV: **Saturday 8:30p.m. - 9:30p.m.**
Tuesday/Thursday 8:30a.m. - 9:00a.m.
Wednesday/Friday 10:00p.m. - 10:30p.m.

Program Airs on PCTV Webcast/AT&T Only: **Wednesday/Friday 7:00p.m. - 7:30p.m.**

Ch.	Date	Start Time	End Time	Program(s)
PCTV	January 16, 2010	8:30 PM	9:30 PM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
PCTV	January 19, 2010	8:30 AM	9:00 AM	101: Finding Your Life Answers Within
WEB/AT&T	January 20, 2010	7:00 PM	7:30 PM	101: Finding Your Life Answers Within
PCTV	January 20, 2010	10:00 PM	10:30 PM	101: Finding Your Life Answers Within
PCTV	January 21, 2010	8:30 AM	9:00 AM	102: How to Make Inner Changes
WEB/AT&T	January 22, 2010	7:00 PM	7:30 PM	102: How to Make Inner Changes
PCTV	January 22, 2010	10:00 PM	10:30 PM	102: How to Make Inner Changes
PCTV	January 23, 2010	8:30 PM	9:30 PM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
PCTV	January 26, 2010	8:30 AM	9:00 AM	101: Finding Your Life Answers Within
WEB/AT&T	January 27, 2010	7:00 PM	7:30 PM	101: Finding Your Life Answers Within
PCTV	January 27, 2010	10:00 PM	10:30 PM	101: Finding Your Life Answers Within
PCTV	January 28, 2010	8:30 AM	9:00 AM	102: How to Make Inner Changes
WEB/AT&T	January 29, 2010	7:00 PM	7:30 PM	102: How to Make Inner Changes
PCTV	January 29, 2010	10:00 PM	10:30 PM	102: How to Make Inner Changes
PCTV	January 30, 2010	8:30 PM	9:30 PM	103: Values Clarification 104: Discovering What Motivates You
PCTV	February 2, 2010	8:30 AM	9:00 AM	103: Values Clarification
WEB/AT&T	February 3, 2010	7:00 PM	7:30 PM	103: Values Clarification
PCTV	February 3, 2010	10:00 PM	10:30 PM	103: Values Clarification
PCTV	February 4, 2010	8:30 AM	9:00 AM	104: Discovering What Motivates You
WEB/AT&T	February 5, 2010	7:00 PM	7:30 PM	104: Discovering What Motivates You
PCTV	February 5, 2010	10:00 PM	10:30 PM	104: Discovering What Motivates You
PCTV	February 6, 2010	8:30 PM	9:30 PM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
PCTV	February 9, 2010	8:30 AM	9:00 AM	105: Discovering Your Personality
WEB/AT&T	February 10, 2010	7:00 PM	7:30 PM	105: Discovering Your Personality
PCTV	February 10, 2010	10:00 PM	10:30 PM	105: Discovering Your Personality
PCTV	February 11, 2010	8:30 AM	9:00 AM	106: Key Personality Theories/Writing a Life Mission Statement
WEB/AT&T	February 12, 2010	7:00 PM	7:30 PM	106: Key Personality Theories/Writing a Life Mission Statement
PCTV	February 12, 2010	10:00 PM	10:30 PM	106: Key Personality Theories/Writing a Life Mission Statement



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PCTV	February 13, 2010	8:30 PM	9:30 PM	107: Accessing The Intuitive Mind 108: Increasing Your Emotional Intelligence
PCTV	February 16, 2010	8:30 AM	9:00 AM	107: Accessing The Intuitive Mind
WEB/AT&T	February 17, 2010	7:00 PM	7:30 PM	107: Accessing The Intuitive Mind
PCTV	February 17, 2010	10:00 PM	10:30 PM	107: Accessing The Intuitive Mind
PCTV	February 18, 2010	8:30 AM	9:00 AM	108: Increasing Your Emotional Intelligence
WEB/AT&T	February 19, 2010	7:00 PM	7:30 PM	108: Increasing Your Emotional Intelligence
PCTV	February 19, 2010	10:00 PM	10:30 PM	108: Increasing Your Emotional Intelligence
PCTV	February 20, 2010	8:30 PM	9:30 PM	109: Empowering Belief/Attitude Systems 110: Life Balance - Part 1
PCTV	February 23, 2010	8:30 AM	9:00 AM	109: Empowering Belief/Attitude Systems
WEB/AT&T	February 24, 2010	7:00 PM	7:30 PM	109: Empowering Belief/Attitude Systems
PCTV	February 24, 2010	10:00 PM	10:30 PM	109: Empowering Belief/Attitude Systems
PCTV	February 25, 2010	8:30 AM	9:00 AM	110: Life Balance - Part 1
WEB/AT&T	February 26, 2010	7:00 PM	7:30 PM	110: Life Balance - Part 1
PCTV	February 26, 2010	10:00 PM	10:30 PM	110: Life Balance - Part 1
PCTV	February 27, 2010	8:30 PM	9:30 PM	111: Life Balance - Part 2 112: Correcting Your Thinking Errors
PCTV	March 2, 2010	8:30 AM	9:00 AM	111: Life Balance - Part 2
WEB/AT&T	March 3, 2010	7:00 PM	7:30 PM	111: Life Balance - Part 2
PCTV	March 3, 2010	10:00 PM	10:30 PM	111: Life Balance - Part 2
PCTV	March 4, 2010	8:30 AM	9:00 AM	112: Correcting Your Thinking Errors
WEB/AT&T	March 5, 2010	7:00 PM	7:30 PM	112: Correcting Your Thinking Errors
PCTV	March 5, 2010	10:00 PM	10:30 PM	112: Correcting Your Thinking Errors
PCTV	March 6, 2010	8:30 PM	9:30 PM	113: Stress Busters That Work 114: Defense Mechanisms
PCTV	March 9, 2010	8:30 AM	9:00 AM	113: Stress Busters That Work
WEB/AT&T	March 10, 2010	7:00 PM	7:30 PM	113: Stress Busters That Work
PCTV	March 10, 2010	10:00 PM	10:30 PM	113: Stress Busters That Work
PCTV	March 11, 2010	8:30 AM	9:00 AM	114: Defense Mechanisms
WEB/AT&T	March 12, 2010	7:00 PM	7:30 PM	114: Defense Mechanisms
PCTV	March 12, 2010	10:00 PM	10:30 PM	114: Defense Mechanisms



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PCTV	March 13, 2010	8:30 PM	9:30 PM	115: Building High Self-Esteem - Part 1 116: Building High Self-Esteem - Part 2
PCTV	March 16, 2010	8:30 AM	9:00 AM	115: Building High Self-Esteem - Part 1
WEB/AT&T	March 17, 2010	7:00 PM	7:30 PM	115: Building High Self-Esteem - Part 1
PCTV	March 17, 2010	10:00 PM	10:30 PM	115: Building High Self-Esteem - Part 1
PCTV	March 18, 2010	8:30 AM	9:00 AM	116: Building High Self-Esteem - Part 2
WEB/AT&T	March 19, 2010	7:00 PM	7:30 PM	116: Building High Self-Esteem - Part 2
PCTV	March 19, 2010	10:00 PM	10:30 PM	116: Building High Self-Esteem - Part 2
PCTV	March 20, 2010	8:30 PM	9:30 PM	117: Wise Problem Solving and Decision Making 118: Launching a Goal Setting Plan
PCTV	March 23, 2010	8:30 AM	9:00 AM	117: Wise Problem Solving and Decision Making
WEB/AT&T	March 24, 2010	7:00 PM	7:30 PM	117: Wise Problem Solving and Decision Making
PCTV	March 24, 2010	10:00 PM	10:30 PM	117: Wise Problem Solving and Decision Making
PCTV	March 25, 2010	8:30 AM	9:00 AM	118: Launching a Goal Setting Plan
WEB/AT&T	March 26, 2010	7:00 PM	7:30 PM	118: Launching a Goal Setting Plan
PCTV	March 26, 2010	10:00 PM	10:30 PM	118: Launching a Goal Setting Plan
PCTV	March 27, 2010	8:30 PM	9:30 PM	119: Learning Key Life Skills 120: Self Integrity and Valuing Difference
PCTV	March 30, 2010	8:30 AM	9:00 AM	119: Learning Key Life Skills
WEB/AT&T	March 31, 2010	7:00 PM	7:30 PM	119: Learning Key Life Skills
PCTV	March 31, 2010	10:00 PM	10:30 PM	119: Learning Key Life Skills
PCTV	April 1, 2010	8:30 AM	9:00 AM	120: Self Integrity and Valuing Difference
WEB/AT&T	April 2, 2010	7:00 PM	7:30 PM	120: Self Integrity and Valuing Difference
PCTV	April 2, 2010	10:00 PM	10:30 PM	120: Self Integrity and Valuing Difference
PCTV	April 3, 2010	8:30 PM	9:30 PM	121: Differences Between Men and Women 122: Mastering Self Discipline - Part 1
PCTV	April 6, 2010	8:30 AM	9:00 AM	121: Differences Between Men and Women
WEB/AT&T	April 7, 2010	7:00 PM	7:30 PM	121: Differences Between Men and Women
PCTV	April 7, 2010	10:00 PM	10:30 PM	121: Differences Between Men and Women
PCTV	April 8, 2010	8:30 AM	9:00 AM	122: Mastering Self Discipline - Part 1
WEB/AT&T	April 9, 2010	7:00 PM	7:30 PM	122: Mastering Self Discipline - Part 1
PCTV	April 9, 2010	10:00 PM	10:30 PM	122: Mastering Self Discipline - Part 1



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PCTV	April 10, 2010	8:30 PM	9:30 PM	123: Mastering Self Discipline - Part 2 124: Self-Assertion
PCTV	April 13, 2010	8:30 AM	9:00 AM	123: Mastering Self Discipline - Part 2
WEB/AT&T	April 14, 2010	7:00 PM	7:30 PM	123: Mastering Self Discipline - Part 2
PCTV	April 14, 2010	10:00 PM	10:30 PM	123: Mastering Self Discipline - Part 2
PCTV	April 15, 2010	8:30 AM	9:00 AM	124: Self-Assertion
WEB/AT&T	April 16, 2010	7:00 PM	7:30 PM	124: Self-Assertion
PCTV	April 16, 2010	10:00 PM	10:30 PM	124: Self-Assertion
PCTV	April 17, 2010	8:30 PM	9:30 PM	125: Developing Rapport with Others 126: Creating Win/Win Solutions
PCTV	April 20, 2010	8:30 AM	9:00 AM	125: Developing Rapport with Others
WEB/AT&T	April 21, 2010	7:00 PM	7:30 PM	125: Developing Rapport with Others
PCTV	April 21, 2010	10:00 PM	10:30 PM	125: Developing Rapport with Others
PCTV	April 22, 2010	8:30 AM	9:00 AM	126: Creating Win/Win Solutions
WEB/AT&T	April 23, 2010	7:00 PM	7:30 PM	126: Creating Win/Win Solutions
PCTV	April 23, 2010	10:00 PM	10:30 PM	126: Creating Win/Win Solutions
PCTV	April 24, 2010	8:30 PM	9:30 PM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
PCTV	April 27, 2010	8:30 AM	9:00 AM	101: Finding Your Life Answers Within
WEB/AT&T	April 28, 2010	7:00 PM	7:30 PM	101: Finding Your Life Answers Within
PCTV	April 28, 2010	10:00 PM	10:30 PM	101: Finding Your Life Answers Within
PCTV	April 29, 2010	8:30 AM	9:00 AM	102: How to Make Inner Changes
WEB/AT&T	April 30, 2010	7:00 PM	7:30 PM	102: How to Make Inner Changes
PCTV	April 30, 2010	10:00 PM	10:30 PM	102: How to Make Inner Changes
PCTV	May 1, 2010	8:30 PM	9:30 PM	103: Values Clarification 104: Discovering What Motivates You
PCTV	May 4, 2010	8:30 AM	9:00 AM	103: Values Clarification
WEB/AT&T	May 5, 2010	7:00 PM	7:30 PM	103: Values Clarification
PCTV	May 5, 2010	10:00 PM	10:30 PM	103: Values Clarification
PCTV	May 6, 2010	8:30 AM	9:00 AM	104: Discovering What Motivates You
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PCTV	May 7, 2010	10:00 PM	10:30 PM	104: Discovering What Motivates You



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	May 8, 2010	8:30 PM	9:30 PM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
PCTV	May 11, 2010	8:30 AM	9:00 AM	105: Discovering Your Personality
WEB/AT&T	May 12, 2010	7:00 PM	7:30 PM	105: Discovering Your Personality
PCTV	May 12, 2010	10:00 PM	10:30 PM	105: Discovering Your Personality
PCTV	May 13, 2010	8:30 AM	9:00 AM	106: Key Personality Theories/Writing a Life Mission Statement
WEB/AT&T	May 14, 2010	7:00 PM	7:30 PM	106: Key Personality Theories/Writing a Life Mission Statement
PCTV	May 14, 2010	10:00 PM	10:30 PM	106: Key Personality Theories/Writing a Life Mission Statement
PCTV	May 15, 2010	8:30 PM	9:30 PM	107: Accessing The Intuitive Mind 108: Increasing Your Emotional Intelligence
PCTV	May 18, 2010	8:30 AM	9:00 AM	107: Accessing The Intuitive Mind
WEB/AT&T	May 19, 2010	7:00 PM	7:30 PM	107: Accessing The Intuitive Mind
PCTV	May 19, 2010	10:00 PM	10:30 PM	107: Accessing The Intuitive Mind
PCTV	May 20, 2010	8:30 AM	9:00 AM	108: Increasing Your Emotional Intelligence
WEB/AT&T	May 21, 2010	7:00 PM	7:30 PM	108: Increasing Your Emotional Intelligence
PCTV	May 21, 2010	10:00 PM	10:30 PM	108: Increasing Your Emotional Intelligence