

Choices of Successful Students

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Struggling Students...

1. . . . see themselves as victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. . . . have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.
3. . . . seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. . . . are solitary, seldom requesting, even rejecting, offers of assistance from those who could help.
5. . . . make important choices unconsciously being directed by self-sabotaging habits and outdated life scripts.
6. . . . resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. . . . live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.
8. . . . doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

Successful Students...

1. . . . accept **personal responsibility**, seeing themselves as the primary cause of their outcomes and experiences.
2. . . . discover **self-motivation**, finding purpose in their lives by discovering personally meaningful goals and dreams.
3. . . . master **self-management**, consistently planning and taking purposeful actions in pursuit of their goals and dreams.
4. . . . employ **interdependence**, building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same).
5. . . . gain **self-awareness**, consciously employing behaviors, beliefs, and attitudes that keep them on course.
6. . . . adopt **lifelong learning**, finding valuable lessons and wisdom in nearly every experience they have.
7. . . . develop **emotional intelligence**, effectively managing their emotions in support of their goals and dreams.
8. . . . **believe in themselves**, seeing themselves as capable, lovable, and unconditionally worthy human beings.

For an online self-assessment of these eight principles, go to the On Course website at <http://collegesurvival.hmco.com/students>. Select Downing's On Course from the list of textbook sites.