

Your Success is Important!

There is only one success - to be able to spend your life in your own way. - Christopher Morely

Getting on Course to Your Success

Possible obstacles in your success in this course include disappointing grades, conflicts in your social life, health problems, anxiety, broken romances, self doubt, lousy class schedule, lot motivation, difficult instructors, confusing tests, mystifying textbooks, conflicting work and school schedules, test anxiety, learning disabilities, financial difficulties. College is just like life, there will always be opportunities and obstacles, and the choices we make determine whether we sink or soar.

You will be taking a series of activities designed to help you develop the empowering beliefs that will help you maximize your potential and succeed in this class.

Journal Entry 1: What does "Success" mean to you? When you achieve your greatest success, what will you have, what will you be doing, and what kind of person will you be?

Journal Entry 2: How does success in this course relate to the "success" you envision in journal entry 1?

I would suggest the following definition to success: **Success is staying on course to your desired outcomes and experiences, creating wisdom, happiness, and unconditional self-worth along the way.**

Journal Entry 3: Consider a curious puzzle: Two students enter a college class on the first day of the semester. Both appear to have similar intelligence, backgrounds, and abilities. The weeks slide by, and the semester ends. Surprisingly one student soars and the other student sinks. One fulfills his potential and the other falls short. Why do you think students with similar aptitudes perform so differently? Teachers observe this puzzle all the time, I've bet you've seen it too. Some people have a knack for success, others wander about confused and disappointed, unable to create success they claim they want. Clearly, having potential is does not guarantee success. What, then, are the essential ingredients for success?