

Are You Where You Want To Be?

Developing a Positive Attitude

Adjusting your attitude is the first step toward solving problems you may face in college.

A negative attitude may be a habit you developed in the past or a response that has prevented you from being successful in the past.

Regard your problems as challenges and you'll change your attitude towards them.

VISUALIZE SUCCESS

- ✓ Picture what you will have or be able to do once you reach your goal or solve your problem.
- ✓ Keep this picture in your mind whenever you encounter a setback or feel negative or concerned about success.



CONTROL YOUR INNER VOICE

- ✓ If you say to yourself that you cannot do something, then you are setting yourself up for failure.
- ✓ Counteract negative thoughts, like "I can't do this," with positive comebacks, like "I can and will do this with a little more practice."

REWARD A JOB WELL DONE

- ✓ When you know you have done your best, reward yourself.
- ✓ Be sparing with rewards. Save them for when you really deserve them.
- ✓ A reward acts as positive reinforcement for a job well done.

BE A POSITIVE LISTENER AND SPEAKER

- ✓ If you're having problems changing negative thoughts into positive ones, listen to what your friends say.
- ✓ Do you hear phrases like, "I can't do this," or "I will never understand"? Offer your friend positive reinforcements and suggestions, such as tell your friend that he or she would have a better chance of understanding the information if he/she hired a tutor or set up a strict study routine for the next week.
- ✓ Being a positive listener and speaker may help you think more positively about your own challenges.