



WISE DECISION MAKING

ARE YOU MAKING THE BEST DECISIONS
THAT WILL LEAD YOU TO LONG TERM
SUCCESS?

<https://www.youtube.com/watch?v=H0wGXb-1ogM>

The Academic Success Center

WHAT IF...

the worst possible scenario happens?

I stop wasting my time trying to convince others, because I am the only one that must be convinced?

I try, and I fail?

success is for someone else?

the term difficult is nothing more than a cop-out?

I just change the way I look at the world?

I let my family down?

I decide what I will be, and become it?

every day is a fresh start?

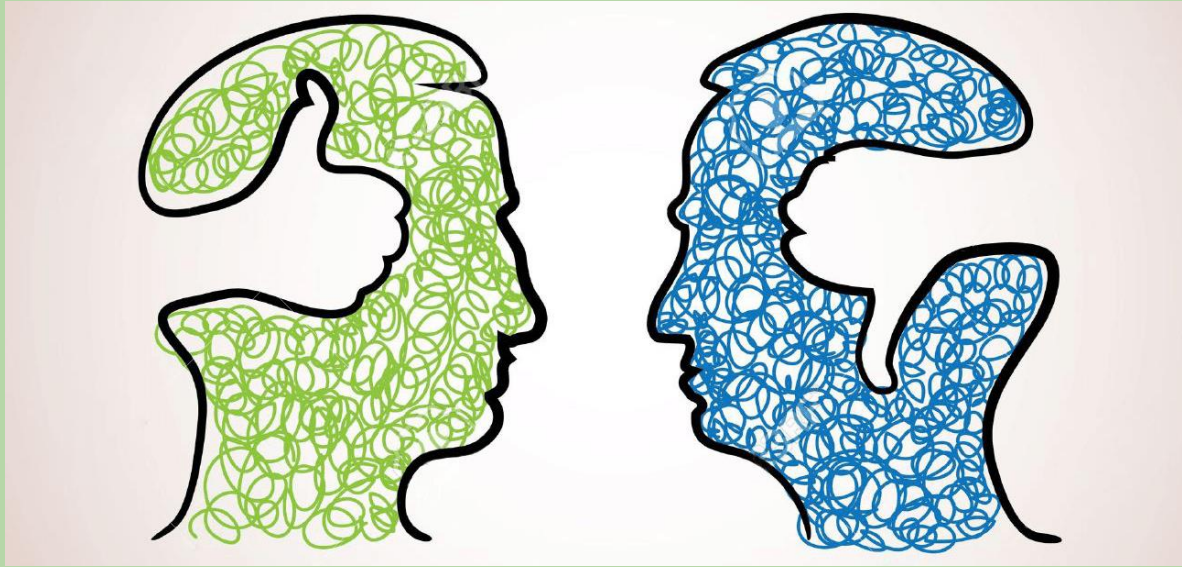
I make the choice to live every second of my life like it is a miracle?

I don't choose the right path?

MINDSET

- *“The established set of attitudes held by someone”*
- Influences how you think, what you feel, and what you do





- **CREATORS:** WHEN PEOPLE CHANGE THEIR BELIEFS AND BEHAVIORS & VIEW CHALLENGES AS OPPORTUNITIES TO LEARN

- **VICTIMS:** WHEN PEOPLE CONTINUE UNHELPFUL BEHAVIOR & OFTEN BLAME OTHERS

Creator Mindset

focus on what to improve

seek solutions

seek help from those who
are more skilled

accept responsibility

treat problems as temporary

do something new

think positively and look for
a better choice

Victim Mindset

focus on your weaknesses

make excuses


compare yourself to others

blame others

see problems as permanent


repeat ineffective behavior

try something but predict
defeat and give up



SCENARIOS (*Is he/she a victim or creator?*)

1. Nancy is a single parent and she has difficulty finding child care for her son. The babysitter was running late. Once she arrived, Nancy ran to her car and noticed a flat tire. She was so frustrated because things haven't been going the way she hoped. She decides to email her professor to inform him about the situation and she also makes an appointment to meet with him.
2. Jake is in his first semester at the university and has an 8:00 am class three times a week since he is a freshman he could not make his schedule. He always arrives late to his class and blames his chronic lateness on traffic and parking problems. Jake also complains about how the professor is not considerate.
3. Samantha is a freshman student who is living on campus. She's away from home for the first time and having a hard time adjusting. When in class, she sits in a daze and struggles to focus when trying to do assignments. Samantha failed one of her midterms. She decides to go to tutoring and group studies in order to do better in the final.
4. Emma is taking an online course for the first time. She is having trouble submitting assignments and posting comments on discussion board. After trying to figure it out on her own and failing, she decided to email her professor to make an appointment to get assistance during an office hour.
5. James is a full time student who also works full time. He is having difficulties making time to study and keeps missing classes. He keeps giving teachers excuses like he is tired because he works late and blames his family for not providing for him while in college. James is thinking of dropping out instead of asking for help and putting more effort toward his courses.



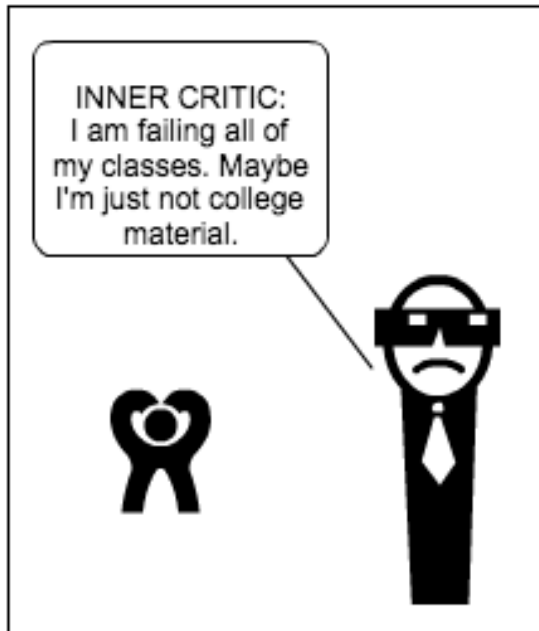
SCENARIOS (*Is he/she a victim or creator?*)

6. Rebecca is a transfer student who attended a community college previously. She is having trouble adjusting to the new environment and has been feeling depressed because she thinks everyone is doing well and adjusting faster than she is. Rebecca is also not doing well in her classes and blames her professors for not being patient or considerate.
7. David is a full time freshman who does not work. He hasn't been submitting assignments on time and keeps delaying school work. David realizes he needs help managing his time so he starts attending workshops to learn about time management. He also starts setting up reminders for his assignments to submit them on time.
8. Valeria is a freshman who does not like her schedule. When she got her schedule, she realized she had morning classes and got upset. However, Valeria was determined to do well in her classes so she started going to bed earlier so she could go to class on time.
9. Alex is a freshman at William Paterson University. When he realized that he had a math class, he got anxious since he does not like math. Alex started complaining about how hard it is to be at the university and how much he hates doing assignments. He did not feel comfortable asking his professor for help and decides to drop out.
10. Sofia is a full time student who happened to break up with her boyfriend during freshman year. After the break up, she was completely off and depressed. She began missing classes and not submitting assignments. When Sofia started getting lower grades she realized this was not what she wanted for her life and decided to overcome her emotional break down and visit the Health and Wellness Center to get assistance. She also asked her peers for notes for the classes she missed.

INNER CONVERSATIONS

WHAT ARE YOU TELLING YOURSELF?

Inner Critic



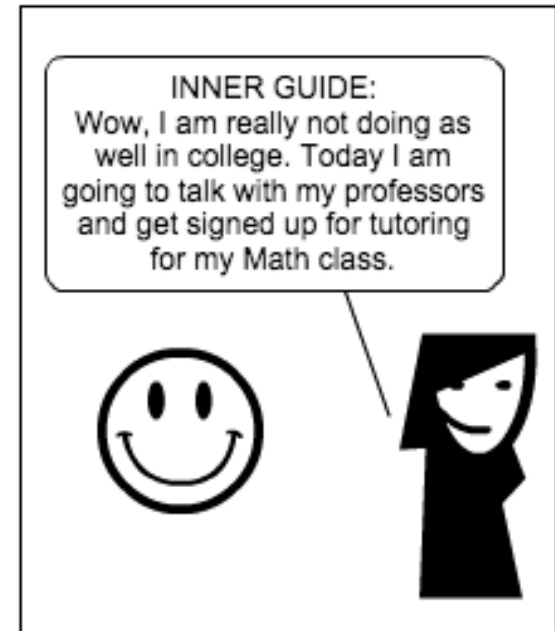
Self-doubt
Negative self-talk
High criticism

Inner Defender



Decreases negative ideas
External blame

Inner Guide



Evaluates situations
Helps us get back on track

INNER GUIDE : Let's Discuss..

What were some obstacles you faced during this semester?

What steps did you take to get back on track or solve them?

ACCEPTING PERSONAL RESPONSIBILITY (CREATOR MINDSET)

- RESPONDING EFFECTIVELY TO ALL OF LIFE'S OPPORTUNITIES AND CHALLENGES

WHICH WILL LEAD TO:

- ☐ Understanding you are able to change your present situation
- ☐ New opportunities
- ☐ Increased motivation to overcome challenges



FINAL READINESS CHECKLIST

- ☐ Use time management skills : planning; calendar
- ☐ Seek help: tutoring; meet with professors; study groups
- ☐ Take time to study: avoid cramming; use your learning style
- ☐ Limit distractions: phone; friends; Netflix
- ☐ Practice self-care strategies: eat healthy; enough sleep
- ☐ Maintain a creator mindset

*We wish you the best of luck during
the last few weeks of the semester!*