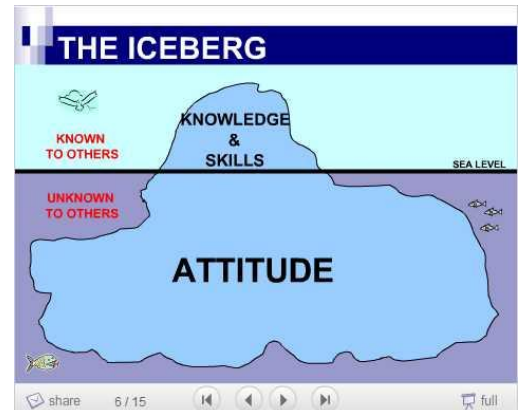


## Does my attitude matter?

*In a word, yes! It is often attitude - not ability - that determines success in college.*

Learn to approach your academic experience at Lehigh with a **growth mindset**<sup>1</sup>

- Know that you can cultivate your basic qualities; believe in your ability to grow and develop!
- Try to see every class, every exam, and every experience on campus as an opportunity to learn and not as a test of your ability.
- Understand that success is about effort, hard work, and perseverance; it is not about an outcome or earning the highest grades or establishing superiority over others.
- Realize that in order to be successful, you often have to stretch, work outside your comfort zone, and take risks. Be ready to ask others for support and assistance along the way.
- Try to see failure as an opportunity to learn. Do not place blame, make excuses or let failure define you. Let failure motivate you.



<http://collegeplanningspecialist.wordpress.com>

## More tips for improving your attitude

- Be positive and practice *positive self-talk*. The most successful students choose to have an “I can do it”, “I’ll give it a try” or “I’ll do what it takes” attitude.
- Focus on the positives and on your successes. Use a journal to record these and to track your attitude too. Make adjustments if you discover you are being too negative.
- Let go of negativity. Avoid making negative comments about your academics. Making and repeating comments will actually begin to program your thinking. (And how you think impacts what you do!) When you start down this negative path it's pretty hard to get back.
- Associate with “positive” people in your classes and on campus. Look to develop friendships with people who have similar interests and who have a positive attitude about school.
- Enjoy your studies. Focus on interesting ideas or concepts in every class. Look for something positive in your work, and avoid calling it dreadful, painful, or awful.
- Get excited! Explain interesting ideas or concepts to your friends and share your passion and positivity with those around you.

<sup>1</sup> taken from *Mindset: the New Psychology of Success* by Carol Dweck (Ballantine, NY, 2006)