



# Take Charge of Your Education

Take Charge! You have the power to make or break your education. Some students struggle through their college experiences and never realize that they can be more successful if they change their minds—and the language they use—to be more positive. Here are some of the ways you can, if you need to, become a successful student instead of a struggling student.

The Struggling Student...	The Successful Student...
<ul style="list-style-type: none"> <li>✓ Makes excuses for what’s happening</li> <li>✓ Places blame</li> <li>✓ Complains</li> <li>✓ Repeats old, ineffective behavior</li> <li>✓ “Tries passively”</li> <li>✓ Gives up</li> </ul>	<ul style="list-style-type: none"> <li>✓ Seeks solutions to problems</li> <li>✓ Accepts responsibility</li> <li>✓ Takes effective action</li> <li>✓ Tries something new</li> <li>✓ Commits and follows through</li> <li>✓ Takes control of their choices</li> </ul>
When the Struggling Student says...	...the Successful Student says...
“My instructor is so boring!”	“I think this instructor is boring, so I think I’ll record his lectures so I can listen to them a little bit at a time.”
“The teacher gave me an F on my essay.”	“I got an F on that essay because I didn’t do all of the steps she asked for. Next time, I’ll make sure I follow all of her directions.”
“This class is a really stupid prerequisite.”	“I’m going to ask my academic counselor if there’s a way I can test out of this class.”
“I’ve signed up for ten different P.E. classes so I can get in better shape, but I don’t like any of them.”	“I’m going to exercise three times this week doing something I like. I think I’ll start by taking a class at the rock climbing gym.”
“I try to study, but my kids keep bugging me.”	“I’m going to check with my spouse to see if she can watch the kids for me while I study between 8 and 9pm. I’ll finish studying when the kids are in bed.”
“There’s nothing I can do.”	“There’s always something I can do.”



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Experiment with being a Successful Student. By taking responsibility for your education and your choices, you'll find that you have the power to accomplish all of the goals you set your mind to completing. Complete each of the following ten statements.

Here's an example of how you might answer #1: **If I take full responsibility for all of my actions... I won't be able to blame anyone else if I fail.**

1. If I take full responsibility for all of my actions...
2. If I take full responsibility for all of my thoughts...
3. If I take full responsibility for all of my feelings...
4. If I take full responsibility for my education...
5. If I take full responsibility for my career...
6. If I take full responsibility for my relationships...
7. If I take full responsibility for my health...
8. If I take full responsibility for all that happens to me...
9. When I am acting fully responsible for my life...