

*“I studied the lives of great men and famous women, and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm.”*

- Truman

**Cognitive Restructuring** – Reworking the way we think. Changing the things we dwell on.

### Journaling

Write it down, then restructure.

Negative Self-Talk Traps:	How to Restructure the way you think:
“I am a terrible student.”	“Although I have not done great in school so far, I know I can begin by trying some new approaches to studying and learning. It is worth a try.”
“I MUST get an “A” in this class no matter what.”	“I would love to get an “A” in the course, but I am going to release myself from the pressure of a grade, and focus my energy on learning the material. I also know that my worth is not based on my grades.
“I have no idea what I am doing here.”	“It is time I figure out what I am doing here and where I am going in my life.”
“I am not into school, but I am not really into life right now either.”	“I am definitely not enjoying school or life. But rather than dwell in this negative place, I am going to take some action—do something about it.

**Set a goal, and then ACHIEVE it!** Set short and long-term goals that are achievable.

**Understand the 4 phases of motivation.**

- This is Great – “I can’t wait to start!”
- The thrill is gone.
- I am **choosing** to implement the strategies
- Renewed resolve!

**Tips for Mixing it Up**

- Study with Others
- Schedule Study Appointments with Yourself
- Bet with Friends
- Devise a new place to study
- Reward Yourself with “Points” toward a Reward.

**“I study, but I don’t understand why I am not doing better.”** Use the Study Cycle and Intense Study Sessions to help you achieve meaningful learning.

<b>Rote Learning</b>	<b>Meaningful Learning</b>
Involves verbatim memorization and is easily forgotten	Learning that is tied and related to previous knowledge and integrated with previous learning.
Cannot be manipulated or applied to novel situations.	Can be manipulated, applied to novel situations, and used in problem solving tasks.

<b>The Study Cycle</b>	
<b>Phase I</b>	Read or preview chapters/material to be covered in class.... <b>before</b> class
<b>Phase II</b>	Participate Actively in class: take notes, ask questions, be prepared to listen
<b>Phase III</b>	Review and Process class notes as soon as possible after class
<b>Phase IV</b>	Use Intense Study Sessions
<b>Phase V</b>	Repeat 1-4 daily for each class
<b>Phase VI</b>	Once a week examine the whole weeks notes for each class at once to help you make connections

<b>Intense Study Sessions</b>	
<i>2-5 minutes</i>	Set a Goal (ex. I am going to complete problems 1-5 in Math)
<i>30-50 minutes</i>	Study/Work with FOCUS and ACTION (Read your text, create flash cards, create maps and/or outlines, work problems -without peeking at the answers, quiz yourself...) <i>Achieve your goal!</i>
<i>5-10 minutes</i>	Take a Break!
<i>5 minutes</i>	REVIEW what you have just have studied.

**No More EXCUSES!**

- Get positive! Decide that you and your future are worth making the investment NOW!
- Realize that every hour wasted today will significantly decrease your career success and earning potential later.
- Surround yourself with friends supportive of your academic pursuits; drop the negative, self-centered ones with all of the ISSUES!

**Motivated Students:**

- Nurture and develop enthusiasm and motivating self-talk
- Set clear and achievable goals
- Use strategies that support their learning efforts
- Are Proactive and not Re-active. They make things happen!