A Winning Attitude
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Have you ever heard the phrase, “Attitude is everything?” Your attitude often determines the course of your day. If you have a positive attitude, you tend to have a positive day. If you have a negative attitude, you tend to have a negative day. Have you checked your attitude today?

In this workshop, you will learn to identify what kind of attitude you have about school and will learn tips to having a positive approach to your education.
Try answering the following questions about college:

- Do you believe that the college experience is a positive one?
- Do you believe that going to college is making you a better person?
- Do you believe that going to college is helping you to achieve your long-term goals?

If you have answered no to one or more of these questions, your attitude may be defeating your success in college. Try the following tips to having a more positive attitude.
Tip #1: Start the Day Right

Start each day in the right direction by choosing to wake up with a smile.

Eat a good breakfast to give yourself a good, positive foundation for the day.

Remind yourself that life is short; make the most of each and every day.

Not only will this help you to have a positive attitude, but it will help you to feel more alert and focused during your classes.
Tip #2: Choose the Right Words

The words that you use have an impact on whether you have a positive or negative attitude. Use the following phrases in your daily conversations:

• “I have a positive attitude about my education.”
• “I will find a solution.”
• “I can do it.”
• “I can be successful in school.”

Using positive phrases helps to put you in a positive mindset.
Tip #3: Keep Positive Company

Do you associate with friends who have a negative attitude? If your friends have a negative attitude about school, chances are good that you will, too.

If you feel that your friends or acquaintances are pulling you down, try to separate yourself from them or learn to recognize when their negative attitude is affecting you.

You may consider looking for friends who will encourage you to have a more positive attitude. Explore clubs or organizations on campus, where you may meet students who have a more positive attitude about school.
Tip #4: Be Thankful

Take an inventory of your life and learn to appreciate what you have. Family, friends, job, housing, food, and education are all things to be thankful for.

Remember that no matter how difficult life may get, there are still things to be thankful for. This can have a profound impact on your attitude, about school and other aspects of your life.

If you continue to have difficulty seeing the positive aspects of your life, consider doing volunteer work with those who are less fortunate. This can help you to put things into perspective.
Tip #5: Avoid Negative Triggers

What situations make you upset, angry, or frustrated? When you identify what these situations are, you can take steps to avoid them.

If it is a friend that is confrontational, avoid that friend. If it is a situation that causes you high levels of stress, avoid the situation.

If there is a situation that is unavoidable, such as a final exam, plan to go into it with a positive attitude. Tell yourself that you will not allow it to affect you negatively. Try to make the best of it.
Tip #6: Learn to Accept Feedback

You may think that you have a positive attitude about school, but others may perceive your attitude differently. Ask those you trust to give you feedback and listen with an open mind to what they have to say.

They may say things that are difficult to hear, but sometimes the best changes in life come from constructive criticism.
Tip #7: Make the Change!

If you recognize that your attitude is negatively affecting your academic success, take action to reverse it. Refuse to be dragged down by a negative attitude.

This may be a difficult thing to do, but it is worth it.

If you need help with moving toward a more positive attitude, seek the help of a counselor. Counselors are available in the Student Center, Founders Hall Room 130.
Conclusion

Your success in college depends, in part, on your attitude. By using the tips in this workshop, you can embrace a more positive attitude and improve your chances of academic success.

A strong and positive attitude creates more miracles than any other thing, because life is 10% how you make it, and 90% how you take it.

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Resources Available at WCCC

College Learning Center, Founders Hall room 565, 724-925-4135
• Offers tutoring sessions to review course material, answer questions on course content, learn test-taking strategies, and provide study skills & writing assistance

Disability Services, Founders Hall room 130, 724-925-4189
• Provides services and/or academic accommodations to support students with disabilities

Counseling Services, Founders Hall room 130, 724-925-4121
• Provides academic advising, career testing, and personal counseling, as well as referrals to outside agencies

Student Services Support Assistants, Founders Hall room 555, 724-925-6893
• Offers assistance and referrals to first-semester students
References

Attitude Quiz

Please respond to the following statements by answering true or false.

1. Eating a good breakfast can contribute to a positive attitude.
2. Using phrases like, “I can be successful in school” throughout your day can help you to have a more positive attitude.
3. The attitudes of those around you do not have an impact on your attitude.
4. Listening to feedback from others is unhelpful in improving your attitude and may make you feel more negative.
5. If you need help in improving your attitude, seek the help of a counselor.

Name one skill you have learned in this workshop that will help you to improve your overall attitude.
Evaluation

Please take a moment to complete our brief survey. Please print this slide (CTRL-P in the Design View) and return it to the College Learning Center, Founders Hall Room 565.

Name of workshop: ________________ Date taken: ____________

Using the following scale, please rate each item below.
(1) Not very much (2) Somewhat not  (3) Somewhat  (4) Very much

❖ After completing this workshop, my knowledge has increased on this subject: ____

❖ I found the information in this workshop to be helpful to me: ____

❖ I am likely to use the information in this workshop in my life: ____

❖ Other comments: _____________________________________________________________

______________________________________________________________