Caitlin Cunningham: So today some of the things we are going to talk about
We are going to go into, success. We're going to define it a little bit. We're going to talk about the types of motivation that are out there. Some motivators. We’re going to get into what different type of support systems that are out there to keep us motivated. How we can create interests. Not only in academics but in all aspects of life. And finally, how we can stay motivated. Sound fun?

Audience groans.
Goals

- Goals:
  - Evaluate current motivation.
  - Identify motivation strategies.
  - Applying these strategies to our lives.

Caitlin Cunningham: [laughs] All right. So some of the goals I hope you all get out of this. To evaluate your current state of motivation. To check-in to where you now. Identify some strategies you can apply personally to yourself and then apply them. So that's the reason for all materials. You get to keep all those cards and worksheets.
So I have a quote here to start the workshop. It says here:

Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life.

- Dr. David M. Burns

Now I want to ask you all, what do you think this individual is getting at here? I heard somebody. Success. What about it? Yeah.

**Audience member**: [inaudible] successful [inaudible] perfection is not an option.

**Caitlin Cunningham**: Definitely. Yes, anybody else? Any other thoughts on it, yeah.

**Audience member**: [inaudible]

**Caitlin Cunningham**: Yeah. Failure, that's what I took out of it. Some keywords I have here are: success, learning new things, and moving forward. So perfection isn't the end goal. We have to makes mistakes to move forward. That's how we grow as human beings. That's how we grow as people. Thank you.
So here I have for you something called the Success Pyramid. The idea here is to lay out the different levels, like this is the foundation of success. And has anyone ever heard of the iceberg metaphor?

**Audience member**: Yeah.

**Caitlin Cunningham**: Okay, y'all know what I'm talking about. So this is kind of the idea. So down here everything you need to be successful builds on these things. So, what you all think about this? [Inaudible] look at it. Try to give you an idea. How it is organized. This is surprise you at all? Is this what you would expect? Yeah? Anybody willing to share their thoughts on this? Really, this is so intuitive? Yeah.

**Audience member**: I think [inaudible] the more motivated you are the more your mind starts producing other ways to think about. So say you have the attitude and motivation [inaudible] time management and organization [inaudible].

**Caitlin Cunningham**: You are way more intuitive than I am. Cause when I saw this, I'm like, what are you kidding me. Would you mean attitude? No, no, no I'm focused on my stress and memorizing and test taking this whole time. My pyramid looked like this. It's exactly the opposite. [Drawing on the board] Right? So it was like, test taking, right? Everything was upside down. Like what you mean attitude and motivation? Nobody's ever taught me that. What? So yeah, it's this kind of idea, I don't know, I just thought it was a mind bomb right there for me.

Really, we need to tap into what motivates us and gets us going to be successful. And then, you know, your ability to notetake and power read and so on and so forth to perform takes off from there. So just thought I'd throw that in there.
So now we're going to get into different types of motivation. There are two types intrinsic and extrinsic. Extrinsic motivation is an external source of motivation. So for instance, I want good grades because I want financial aid. I want that money. I want to be eligible to say here in Chico State.

Intrinsic motivation - internal source. I love to learn. I love to read. I read the news every morning. So I'm a news junkie. I do that just because I like to. Can anybody here share with me some of their intrinsic, yeah.

Audience member: [inaudible] diminish over time when they can't achieve what they want [inaudible] right attitude [inaudible]

Caitlin Cunningham: Definitely. Yeah, intrinsic motivation can definitely be more persuasive in terms of dictating what we decide to do and how we go about things. And extrinsic motivation anytime, for like last year I got an “A”, I'll go out and get a really cute pair of shoes. Ladies, get you some "A"s, and you can get some shoes too. Now I have way too many shoes. But that's neither here nor there. [Laughing]
So there are ways you can build in and kind of check in to see what really gets me going. Am I more intrinsically motivated, like the gentleman back there was talking about? Or do I rely more on extrinsic motivation. So taking the time to really think which influences you the most. How many of you have ever been in this situation where you had to choose between supporting your friends or going out with your friends over taking care of business? I'm a senior, oh yeah, I've done that a couple times. It didn't always work out. How did you make that decision? Yeah.

**Audience member:** [inaudible]

**Caitlin Cunningham:** For sure, yeah.

**Audience member:** [inaudible]

**Caitlin Cunningham:** For sure. And kind of recognizing that. Yeah.

**Audience member:** [inaudible]

**Caitlin Cunningham:** Exactly.

**Audience member:** Actually I was just reading up on this yesterday. If you are the average of five people you're hanging out with.

**Caitlin Cunningham:** Interesting

**Audience member continues:** If you are always hanging out with five people that are studying. Who are always going to be doing successful things, helping you out, being a better person in life. Guess what maybe you are going to be like them. But if the average five people you're hanging out with and are doing bad things and put you down, then you're probably going to do the same things they are doing [inaudible].

**Caitlin Cunningham:** And there so much truth to that. I think we can all attest to having those experiences. Man, I know those people still seniors, chilling, got a job? No. I go to school. Really? Yeah. Yup, yup, yup. You all are on it. You guys are on it.
So that brings us to our value card sort activity.

[Video edited]

**Caitlin Cunningham:** All right, so like we talked about our motivation to a certain extent is based on what we value. You all indirectly touched on that. We're all going to have a second to talk a little bit but there are some instructions I'd like to give you. Just give me a couple more minutes here. So the goal of this activity of all these little cards, that I hand cut, I hope you appreciate that [laughs]. Some of you saw me. Is the figure out which values do we value more strongly. That's not to say that we don't all value these things but there some we prioritize more than others. So the idea is to get that with this activity. And then we'll talk about it a little bit. Everybody open up your cards. Okay. I'm going to give you about 5 minutes. And I'll check in with you periodically throughout the 5 minute period. And I'd like you to separate them into two piles, right. Ones I value more strongly and ones I don't value as much. Let's go ahead and start that right about now. Two piles, really simple. That's all I'm asking for.

[Video edited]

**Caitlin Cunningham:** Don't think about it too much. It's there or it's not.
Caitlin Cunningham: So when you're all done sorting I want you to take the lesser pile and set it aside. Does that make sense? So the pile you rejected for now. I want you to set that aside when you're done with your initial sort. Did I explain that okay everybody? Okay. Then I want you to take that pile that you value, the non-reject pile, let me put it that way. And I want you to do it again. Yeah, I want you to do it again. Go for it. Does anyone have any questions?

So you have your two separate piles. So go through the non-reject pile, the one you decided to keep and resort them again.

Audience member: [inaudible]

Caitlin Cunningham: The ones you value more and the ones that are not such a priority right now. And make them into two piles.

You don't value any of them? No, no, you have to make a decision. You have to.

Audience member: [inaudible]

Caitlin Cunningham: No, there's no way.

Audience member: [inaudible]

Caitlin Cunningham: Okay then go through the pile again. Get that pile down to ten.

[Video edited]

Caitlin Cunningham: How is that second pile coming along? Good? It's hard. I know. That is the point. It is not supposed to be easy.

[Audience murmurs]

All right, all right, all right. At the end of that second round, of that ten. Listen very, very carefully please. Very important. Of that ten I want you to pick your top five. From the second round.

Audience member: [inaudible]

Caitlin Cunningham: From the ten yes. Pick your top five. And then we'll talk.

Audience member: [inaudible]

Caitlin Cunningham: From the ones you do value.

[Video edited]
Caitlin Cunningham: All right, 12:22 p.m. I'm going to have to ask you to stop. I know it was a little bit of a challenging process. So what did all of you think? Let's hear it. Talk about it. How was that? It was hard? Why? Why was it hard?

Audience member: They're all good values.

Caitlin Cunningham: They were all good values right? Anybody else? What about the process?

Audience member: [inaudible] you really had to dig in to your inner self and think about who you really are and what you value. Like me [inaudible] independence and I got stuck with health because I really appreciate being healthy [inaudible] aspects of life [inaudible] connect.

Caitlin Cunningham: Definitely. Having to think in a more holistic sense. Anybody else?

What were your top five? Does anybody care to share?

[Video edited]

Audience member: Respect life, [inaudible] patience, responsibility, dedication.

Caitlin Cunningham: Those are some good values. Yeah.

Audience member: Mine were: freedom, love, life, health, and work. I chose freedom because I believe we are God's highest creation. We are human beings and we are only here on earth for a certain amount of time and to be able to have the freedom to enjoy your life and I think that is just a big thing. For human being to have because what we have to do, like, the average human being or average American I would say, like, they'll be working 40 hours a week just to have a little or enough money to get ahead in their week or the month but I believe that if have you like a slave working just to be able to get food. That's can take a lot of your time to get money and you're not going to enjoy your life is much as someone else would be enjoying it. And the life obviously because all the other things, on the other cards, wouldn't be able to be written there if life wasn't there.

Caitlin Cunningham: Exactly.

Audience member continues: That is the most important of all. Those are just my main two.
Caitlin Cunningham: So you said quality of life. He said quality of life. He said some really cool stuff. I hope you all had a chance to listen. Smart dude over there. Yeah, that was kind of the idea of the card sort is to really look at what kind of quality of life are you living. How do we reflect our values in the decisions that we make? And that ties into motivation. Your values motivate you to do certain things. I know it was stressful. You should see your faces. [Laughter] You all were struggling. But that's okay. You can keep these. If you feel like a man I'm really confused about some things. I'm going through some things. You can bust these out and you can do the activity repeatedly and help you to get more clarity. Thank you for sharing.
Yes we’re moving on. To the next slide now. I wanted to… What is that? I wanted to talk about some of the causes for lack of motivation. So some of the causes can be we feel overwhelmed by tasks, right? We don’t know, yeah.

**Audience member:** I guess one of the main factors of lack of motivation would be not knowing your “whys”. Why do you want to achieve what you want to achieve? [Inaudible] and many people don’t really pursue their dreams because of other people putting them down. For example, there are millions of people out there. What makes me think I’m going to be the person who’s going to be on top of those million people. Then really lack of motivation [inaudible] for us as college students and as teenagers as well.

**Caitlin Cunningham:** Yes. Hands. Yes.

**Audience member:** [inaudible] I would say the people you’re around. The advice they give you the motivation they give you like how hard they push you [inaudible] in life. I think oftentimes they lack motivation.
Caitlin Cunningham: For sure. That touches on your support system we are really going to talk about our support systems to keep us moving. You guys are really on top of the stuff. But you know college is one of those weird times, right? Because you're doing an exponential amount of growth. In your values change from month to week. From the person are dating now, the person you're dating then, from who you became through the end of this process. I know I'm at the tail end of college. Wow, I've done a lot of growing. Wow, my values have really changed. I'm actually thinking of some of the things you mentioned. I got a job running the college. I'm excited but what does that mean for me? How do I keep my values? I have done this activity myself. That's why thought you all should do it. How keep my values with me as I move on and give myself that meaning? How do I incorporate that into my decision-making?

Has anyone experienced a time when school was just secondary? Yeah, school was just not a priority. Does anybody care to share what that looked like or why that happened?

Audience member: [inaudible] Well I don't know everybody here but I know some people back in high school a sport was a passion. I had a friend who loved soccer and if it wasn't for soccer he would be here. [Inaudible] football I wouldn't have gone high school. [Inaudible]

Caitlin Cunningham: Yeah. So has that been tough? Trying to find that meaning? Finding something to get you going transitioning in to college?

Audience member: No.

Caitlin Cunningham: No? But it just gave you the motivation to thrive and succeed. Anybody else care to share?

Audience member: Just really quick. I’ve just really changed hundred percent since college. So that’s really accurate according to me. Because my senior year I actually had to speak with my geometry teacher when I failing that class and that is something I still remember today. It was a really good line that he spoke, “You are not an athlete student, you are a student athlete” [inaudible] I had games every Tuesday and Thursday and in class I be thinking about what I’m going to do if I score a goal [inaudible]. And that was the only class I was failing in my senior year so I just made a big improvement in my mind. [Inaudible] what I say student athlete than athlete student. So I gathered my things and I passed the class.

Caitlin Cunningham: Good for you. Yeah, sometimes it just takes that attitude check. Like what’s happening here.
Has anyone here just not been motivated because they feel they have unclear goals? Yeah.

**Audience member:** [inaudible]

**Caitlin Cunningham:** Oh, okay. Any of the ladies want to talk? I know you all can talk.

**Audience member:** [inaudible] I never really get unmotivated. I mean I have only when I'm super stressed. When I'm so tired and overwhelmed with work, and like everything. That's when I forget what I'm really here for [inaudible] I have family back at home pushing me to do more and expecting me to do something like, you know, [inaudible] and I want to show them that you can do it. So then I study. [Inaudible]

**Caitlin Cunningham:** So family motivates you.

**Audience member continues:** Yeah.

**Caitlin Cunningham:** I can totally relate. I'm a first-generation EOP student. I can totally relate to that.

**Audience member:** Just a quick comment for motivation for all of us right here. Let you know 130 million high school students that graduate, only 50 million go to college.

**Caitlin Cunningham:** Yep.

**Audience member continues:** You have a better chance, what is that 13-5, what is that seven?

**Caitlin Cunningham:** I don't know.

**Audience member continues:** 70 million.

**Caitlin Cunningham:** I don't be addin’

Audience laughter

**Caitlin Cunningham:** I don't be subtractin’. I feel very privileged to be in college. Yes.

**Audience member:** I think sometimes the lack of communication with family can be an issue. Like if someone in your family [inaudible] loses that motivation.

**Caitlin Cunningham:** It does it can get really distressing when things aren't going right at home especially when you're far away.
**Audience member:** [inaudible] If you want to be successful you need to be patient. [Inaudible] I'm not an impatient person. [Inaudible]

**Caitlin Cunningham:** Yes but patience, but keep your goal. You have a clear goal. You know where you want to be. A lack of that can really be troubling.

**Audience member:** [inaudible] you don't know what you want to do for the rest your life and college expects us to boil it down to one certain area.

**Caitlin Cunningham:** Yeah, yeah. No, no you're completely right. I work with students all the time. I felt that way. Oh yeah.

**Audience member continues:** Lack of motivation.

**Caitlin Cunningham:** Yeah, it's distressing. I was undeclared for the first two years of college. I'm graduating in four years. Half the time I was here I was undeclared. I was like WTF, man. I haven't got this figured out. But somebody reframed it for me and said this is just what you're studying, right? This is just studying. Studying what you're interested in. You will be motivated to do well. You will like what you learn. You will put in the effort. Research won't be such a big deal because it'll be cool for you. So I said, okay. And I figured it out. Now what I'll be doing really, it's related but I don't have a business degree. But I'm going in the business. Yeah.

**Audience member:** [inaudible]

**Caitlin Cunningham:** Management, sales. I'm studying communications. A really cool major.
Attitude Check-in & Self Reflection

- What makes it difficult to feel motivated?
- What motivates you?
  - Worksheet

You all answered a lot of this. Do you all want to talk about this a little more because I feel like we got into this. Alright so let's go head to move forward with the worksheets in groups with just the people around you. I would like for all of you to kind of tackle this one and just brainstorm for a couple minutes. As a group what you find motivates you. Nothing as intense as the card sort.

[video edit]

Caitlin Cunningham: All right. Have you all had a good amount of time to brainstorm? Alright I want to hear from some ladies. Let's hear from you all over there. Yes.

Audience member: [inaudible] I grew up watching my parents struggle a lot. And I just actually talked to my mom yesterday saying I feel really stressed. And she told me that I do need to be patient and she said she knows I can do it. So I feel like, families are one of the main things that can motivate you because there'll always be there for you and him back you up. [Inaudible] she told me I don't want you to live the life that I did so you have to keep going forward. So I was just like, yeah I remember how she would struggle and cry and how she was so stressed I don't want that. And I will you be to give back to her. So when I think about all of that it just motivates me.

Caitlin Cunningham: I feel the same way.

Audience clapping.
Caitlin Cunningham: Yeah, let's clap it up for her.

Audience clapping.

Caitlin Cunningham: Are you all clapping because you can relate to that? Is it something you're relate to? We're all first-generation college students. Yeah.

Audience member: [inaudible] Sure your family can motivate but sometimes family can add pressure. Yeah, she was saying, she didn't want to struggle like her mom but she's also, like, I have to do the best I can. And that adds even more stress.

Caitlin Cunningham: Yeah, it can.

Audience member: [inaudible]

Caitlin Cunningham: For some people there's legitimate pressure. My dad was telling me, you share something personal. My dad was telling me, “Caitlin, I should go into biotechnology”. I said, “Dad that I can't add. What do you think I'll be doing?” No one even offers biotechnology, but he was very, very adamant about it and their parents, right? For some of us it's like, ... and it wasn't just like me. Impossible. What is that? I had to go Google that after he told me that. I was like, who told you this? Yes, but our parents don't know. Mine didn't. They were just trying to do what was best for me but it did put a lot of pressure. And I did get some pushback when I said I'm going to do this because this is really cool to me. But it turned out okay. [Inaudible] I promise.

Another group. Ladies, yes.

Audience member: [inaudible] ... They expect the worst. So I just used their negative feedback to [inaudible] towards failure and accomplishments and that I'm doing okay. And it keeps me motivated [inaudible] accomplished [inaudible] okay, it is possible so you can just keep going [inaudible].

Caitlin Cunningham: Haters motivate. Hell yes they motivate me. Yeah. Show them wrong. Go ahead.

Audience member: [inaudible] she said like, family can motivate but at the same time they cannot motivate me [inaudible] they underestimate me. They always tell me I'm not to make it and things like that. And instead it not motivating me, it motivates me more to prove them wrong. And show them I can do it.

Caitlin Cunningham: Yes. Definitely. Yes.
**Audience member:** My motivation is future, like my future when I think of myself are want to be in 10 years or five years. So that is one of my big motivations is doing things like no I’ve got accomplish this have a got did this because in the future I want to be a role model like my own car and this and that. [Inaudible] and everything. On top of that I still need something else to motivate me even more. I want to have more than my parents have. Or I want to have what I want.

**Caitlin Cunningham:** Indeed. What's up, yeah. Back there.

**Audience member:** [Inaudible] My motivation is this, dad told me to come [inaudible]. It's his struggles my family have had. My grandparents immigrated from Mexico and my grandmothers like 60 years old [inaudible]. They sit there [inaudible]. My motivation is taking the opportunities that they can't have. It's not that they can't have... They were given those opportunities. I'm getting what I can for them in a sense.

**Caitlin Cunningham:** Yep, something bigger than you. Yeah.

**Audience member:** Something that really motivates me that's kind of random for all of you but experiences motivate me a lot. I believe there are no bad [inaudible] experiences. All the experiences you go through are learning experiences. If you have a bad experience take a look at it and analyze what you did wrong or what made it come out wrong to make it better for the next time. And if the experience was good when why not make it better for next time.

**Caitlin Cunningham:** You should be up here doing this workshop.

Audience laughter

**Caitlin Cunningham:** You are good. Yeah.

**Audience member:** [Inaudible] I will go back to what she said the future. To me it's kind like my passion because I want to be an elementary teacher, since I was in elementary school. When I get, like, stressed-out, like, and feel like I can’t do it, my boyfriend tells me, "Do you want to be a teacher or not." Like, yeah I do, so that motivates me. My future is my passion.

**Caitlin Cunningham:** That's good that he's there to support you. Yeah.

**Audience member:** My motivation is like seeing myself in 10 years. Like, you could still be what you are right now in 10 years. Still be in college getting a degree or you could already have a family. You could be working on your second or third, fourth kid.
Audience laughter

**Caitlin Cunningham:** I can't even think that far ahead. I get what you're saying.

**Audience member continues:** I feel like everybody's motivation is like, [inaudible] I have [inaudible] when someone gets in my face, for lack of a better word, buttface. I get agitated and I get mad and get motivated. But if someone did that to you that might not motivate you.

**Caitlin Cunningham:** Definitely. It is how we cope. It is how we cope.
Identifying Problem Areas

- What class or classes are you having the most trouble being motivated to study for?
- What prevents you from being motivated in this class (or in these classes)?

Which is a good transition into identifying problem areas. But truthfully there's a worksheet that I handed out. It's the one you all were working on. Can I borrow that for a second? This is something you can fill out on your own time. And you can really apply your classes to this and really if there's something you're struggling with. Like with math, I was not motivated, right? So you can really take the time and apply how we are thinking and the kinds of things we've been talking about through your classes at hand. I wanted to graduate so I'm like I'm going to do this. But it was a struggle.
So I’d like to get into how we can motivate ourselves. Kind of like where all of you were taking this conversation anyways.
Creating Interest

- What parts of the topic do you like the most?
  - What skills are you learning that could be useful?
- Variety
  - Find out more information about the topic
    - TV, radio, newspaper
    - Conversation

Ways to create interest specifically as it pertains to school. You know, a lot of you actually talked about this. What are some...thinking long-term what are some skills I can get out of this? I hated my math class but you know what, I learned about compound interest. And I learned about saving for retirement. So guess what I did the next week. So I opened up a retirement savings account. Because of compound interest I'll be setting nice and pretty in 10 or 15 years. But I made something positive out of it.

Variety. How many of us do this? Maybe I'm just really nerdy. And that's okay too. I go and look at YouTube stuff. Does anybody do that? Not just like, oh, she just got into a fight. Whoopty Whop. Not that kind of YouTube. But the YouTube like where there's like a concept that I don't really understand, so let me try to find a video to explain. Anybody?

**Audience member:** I mean I've done that to learn how to tie a tie.

**Caitlin Cunningham:** How to tie a tie. Okay. [Laughing] And if you still don't know, watch again. Yeah.

**Audience member:** Especially for me because my major has to do with art so all [inaudible] researching [inaudible] online.
Caitlin Cunningham: Yeah, my brother is an artist and is always in there. It can definitely be challenging. You definitely need that external stimulation. Cleared things up.

Conversation. Does anybody ever just like to talk about it? I’m a talker, duh, that is why am here. Okay. If you want to talk to me about that you can. I’d like to have a conversation about it. Especially if it’s something I find really interesting like, I like statistics. I could talk to all day about how we are truly privileged to be in a position to be in higher education and we really are a minority, within a minority. I can talk to you all day about that, man. I love to have conversation. It helps me learn.
Some of you mentioned preventing stress. Another way to create interest is to take the stress off of yourself. It won’t completely go away because it’s college, let’s face it. We’re working crazy hours. Doing some crazy things. But you can plan ahead. Figure out when and how to start. That’s where your tan worksheet comes in to play. You can fill this out. Make copies or whatever. If you all want there is actually a semester long calendar that I found to be really useful. If you all want something like that, just come into the office and we can make some copies for you. But I found that be really helpful. And just knowing I have to prepare myself mentally that this week is going to be hellacious. Going to be hell and I can plan accordingly.
And then a lot of you said, you know, positive self talk. Replacing the negative with positive. I have people tell me, “Good luck at Chico State it's a party school.” And my daughter's going here and my daughter's going there. And she's going to go into this program and they're going to help her pay. And I said, okay. I graduated in four years, I'm just throwing it out there. Solid GPA. Got a job. Who is hating now? Let them haters motivate you. Yeah.

**Audience member:** What kind of people are those that [inaudible]

**Caitlin Cunningham:** Haters. That's all you need to know.

**Audience member:** [inaudible] Was it family members?

**Caitlin Cunningham:** It wasn't necessarily a family member but it was someone I did look up to at my school actually. It was an older woman. So they come in all shapes and sizes and characters. Haters goin' hate. Let them motivate you.

**Audience member:** [inaudible] and stuff.

**Caitlin Cunningham:** I like data. I like looking at data, oh this is interesting.

**Audience member:** You should tell them next time that 85% of last year's college students that graduated with a bachelor's degree when back home and lived with her parents.
**Self- Encouragement**

- **Positive Self Talk**
  - Being aware of our attitudes
  - Ask positive questions
    - What can I learn from this problem?
    - What will I do differently next time?

**Caitlin Cunningham:** That would be me. [Laughter] I’m going to have to be doing that for a minute though. Not the whole time. Just for a quick minute. I’ll have to do that. I look forward to seeing her again.

But specifically [laughing], but being aware of our own attitudes. Positive self talk. What can I learn from this problem? One of you mentioned that already. And what will I do differently next time. If there is something that you’re doing that is not working feel free to change it.
Positive Intentions

- Intentions help you visualize what it looks and feels like to achieve your goals
  - This can be done through goal setting
    - Example Goal: “I want to earn a 3.0 GPA this semester”
    - Example Intention: “I am a successful student who stays on top of my coursework and earns excellent grades while learning things I can use to improve my life.”

And positive intentions. This is just the idea that, you know, really quickly I know we want to go. I’m almost done. The intentions, the way I think about it, it is the path you take to get there. And the goal is the outcome. This is your path. A lot of you mentioned some longer-term goals. How can we incorporate our values, tap into what motivates us to get to that end result.
Motivators

• Support System
  ◦ Family, Friends, Family etc.
    • Role Models, Advisers, Coaches, RA’s
    • Counselors (counseling Center)
    • Religious Leaders
    • Work Colleges
    • Friends
And I’m just going to wrap it up because we talked about... What are some support systems we talked about? Really quickly. Family. Somebody mentioned friends. Rewarding yourself. Teachers. Tap into that.
Keep them engaged to keep you accountable.

All right, thank you. I hope you enjoyed it.