Before changing your study patterns from unsuccessful to successful ones, you must change your mindset. Without the correct mindset, your motivation to keep up your changes may falter.

### Be Real.

Academic learning demands an investment of time and energy in certain traditional activities: listening, reading, thinking, remembering, and writing. In other words, enrollment in college and a set of classes does not suffice; even attendance at classes alone may not be sufficient. Professors have high expectations, and it will take hard work to meet them.

### Commit.

Decide that the rewards of this process, whether they involve personal growth, a means to an end, or the lesser of bad alternatives, are worth the cost. Afterwards, make a commitment to your education. Astin and Tinto (as cited in Sellers, Dochen, & Hodges, 2015) found that students who have committed to their education are more likely to graduate than those who are not.

### Reflect.

Continually reflect back on your commitment and reaffirm your desire to succeed in college. Reflect on whether your personal academic goals are being met through your commitments.
DIRECTIONS: Answer the following questions to reflect on your commitments (Sellers, Dochen, & Hodges, 2011, pg. 19).

1. What is your main goal for attending college?

2. Have you made a clear choice of a major or selected a program of study?

3. Is it important for you to have a college degree or to get certified in a particular program?

4. Will attending college result in a better job or change in career?

5. Have you investigated graduate or professional programs?

6. Have you completed any internships or volunteered or worked part-time in a field related to your academic goal?

7. What are your academic ambitions, including GPA and honor societies?

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