

MAKING A COMMITMENT

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.

CHANGING YOUR MINDSET

1

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.

2

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.

3

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).

REFLECT ON YOUR COMMITMENTS

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?

Sources: Sellers, D., Dochen, C. W., & Hodges, R. (2011). *Academic transformation: The road to college success* (2nd ed.) Boston, MA: Pearson Education; Sellers, D., Dochen, C. W., & Hodges, R. (2015). *Academic transformation: The road to college success* (3rd ed.) Boston, MA: Pearson Education.

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