

CHOICES OF SUCCESSFUL STUDENTS

SUCCESSFUL STUDENTS...	STRUGGLING STUDENTS...
1. ... ACCEPT SELF-RESPONSIBILITY , seeing themselves as the primary cause of their outcomes and experiences.	1. ...see themselves as Victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. DISCOVER SELF-MOTIVATION , finding purpose in their lives by discovering personally meaningful goals and dreams.	2. ...have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.
3. ... MASTER SELF-MANAGEMENT , consistently planning and taking purposeful actions in pursuit of their goals and dreams.	3. ...seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. ... EMPLOY INTERDEPENDENCE , building mutually supportive relationships that help them achieve their goals and dreams (while helping others to do the same).	4. ...are solitary, seldom requesting, even rejecting offers of assistance from those who could help.
5. ... GAIN SELF-AWARENESS , consciously employing behaviors, beliefs, and attitudes that keep them on course.	5. ...make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.
6. ... ADOPT LIFE-LONG LEARNING , finding valuable lessons and wisdom in nearly every experience they have.	6. ...resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. ... DEVELOP EMOTIONAL INTELLIGENCE , effectively managing their emotions in support of their goals and dreams.	7. ...live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.
8. ... BELIEVE IN THEMSELVES , seeing themselves capable, lovable, and unconditionally worthy as human beings.	8. ...doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

How do your students rate in these eight principles of human achievement? They can take an [on-line self-assessment](#) to find out. (And so, of course, can you.) Clicking this link will take you to a different Internet site; use your back button to return here.

The On Course Instructional Principles

On Course Workshops model current understandings of how meaningful learning occurs. As such, they are designed to engage learners in the active construction of knowledge. Instructional methods in the workshop demonstrate how educators can address the varied learning styles of today's students. The workshops are guided by the following instructional principles:

- ✚ **Students construct learning primarily as a result of what they think, feel, and do (and less so by what their instructors say and do). Consequently, in formal education, the deepest learning is provided by a well-designed educational experience.**
- ✚ **The most effective learners are empowered learners, those characterized by self-**

responsibility, self-motivation, self-management, interdependence, self-awareness, life-long learning, emotional intelligence, and high self-esteem.

✦ At the intersection of a well-designed educational experience and an empowered learner lies the opportunity for deep and transformational learning and the path to success-- academic, personal, and professional.