

**Learn with an
ATTITUDE**



Learn with an ATTITUDE

- ~ Affirm it
- ~ Visualize it
- ~ Open your mind
- ~ Be +
- ~ Be PROUD
- ~ Be a “lifer”



Affirm it

- “*I, your name here, am an intelligent person*”. Know what you want and positively say it to yourself in the present tense, repeating it until you say it with conviction. This replaces your negative attitude of thinking you’re not smart enough with a positive thought of personal declaration that you are smart. Such affirmation allows a person to be self-compassionate for the purpose of cutting the viscous cycle, a chain of events where a self-defeating attitude (everyone else is smarter than me) creates a self-defeating behavior (I’m not smart enough so why try?), which creates a negative outcome.



Visualize it

- Picture “**100**” in thick, red writing, a product of a ballpoint pen with a medium point. See it and strive for it. Improve your running as you visualize your most efficient stride when you’re not moving a muscle. Visualize the confrontation you had with a friend while lying in bed. Did you act appropriately? How could it have been less confrontational? Visualizing is highly effective when you want to improve something.



Open your mind

- “*This class is worthless*” ... “*My prof is a moron*” ... “*Fred is so pompous*”. Avoid judgementalism like a biohazard and be accepting of those around you. Some people enjoy finding fault with something and take for granted the good aspects, perhaps to feel (falsely) superior. Unfair judgment calls occur when someone doesn't know all the facts, but jumps to a conclusion based on their perception. Reverse this by opening your mind to accept all aspects of class; or who a person is under the surface, instead of comparing them to an unfair ideal.



Be +

- *“I’m going to fail this test” ... “She’s not going to like me”*. Start thinking in positive terms by **changing your language**. Negative thinkers commonly use the words *can’t, won’t, don’t, impossible, hate*. Positive thinkers use positive forms of these words to express how they feel. *“I don’t like my roommate”* becomes *“I would enjoy living with someone who is tidy and neat”*. **Surround yourself with positive people**. The environment in which you live has a tremendous impact on how you live. Negative thinkers spread misery while Positive thinkers spread happiness.



Be PROUD

- Imagine not having the financial means to attend college. Where would you be right now? There are millions of individuals who pine to be in your shoes, but they have unfortunate circumstances that preclude this opportunity for intellectual advancement. Shift your paradigm of education from an authoritative requirement of society to a fortunate opportunity for intellectual growth and maturity. Did you come to college because you were told to do so, or did you come to seek enlightenment? Be proud and happy (not arrogant) of your achievement and position in life.



Be a “lifer”

- Become a life-long learner – a “lifer”. As Sir William Osler, an influential physician, said, “Education is a lifelong process, in which the student can make only a beginning during his college course.” Make your life-long journey of learning be one with an attitude.



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