

# Attitude

College can help you achieve the “life success goals” that will get you where you want to go.

- CONGRATULATIONS! your accomplishments and persistence have earned you the opportunity to be a college student.
- Achieving your personal best has never been more crucial to your success—and you will be up to the task.
- You are responsible for your future, and college can help you achieve the “life success goals” that will get you where you want to go.
- Examples of **Life Success Goals**:
  - Increase employability and earning potential
  - Prepare for career success
  - Make smart personal health choices and gain self-knowledge



## COD TUTORING SERVICES

LEARNING COMMONS: ONE-STOP ACADEMIC SUPPORT CENTER

**(630) 942-3686**

## Attitude Management Apps

Download from iTunes or Google Play



### Happify

Games to increase your happiness and reduce stress.



### Head Space

Guided meditation to increase, sleep, happiness, & productivity.

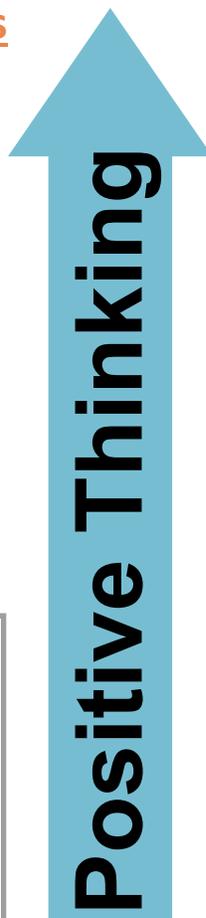
## COD Resources:

### Counseling and Advising Services

Student Services Center (SSC), Room 3200

(630) 942-2259

### Learning Commons



## Attitude Management Strategies



Think Positively! Tell yourself, “I can learn this material. I am a good reader. I can succeed.”



Ask how to repeat, increase, or have new positive experiences. For example, “Am I ignoring or taking for granted some positive aspects of my experiences?”



Laugh and play with friends or get a physical workout; successful people do not study all the time.



Listen to good music.



Try Nap Therapy. Taking naps is a wonderful way to relax and revitalize yourself.



As you learn new information and skills in college, try to think of ways they can be useful to you in other courses or in the future.