



Learning & Academic Resources Dept.
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Success

You define success

Success depends on what you expect of yourself. Are your goals worthwhile?? Do you give your best? Do you try to improve? Do you live each day to your full potential? Here are suggestions to help you develop the habits of success.

Good health

The successful person tries to maintain good health by eating, exercising and sleeping properly.

You measure success

Confidence and self-esteem

Confidence and self-esteem are the basic building blocks needed before starting each day's journey. Cultivate them so you have the freedom to grow.

Vision and courage

Vision and courage are the twin beacons that illuminate the path of success. Use vision to chart your direction, goals and daily plans. Use courage to take risks and to change, each day becoming a better person.

Responsibility, commitment, and persistence

Create success by accepting responsibility for all that you do and for staying committed to your vision. Learn from past failures and look ahead to face each new challenge.

Positive enthusiasm

Surround yourself with positive enthusiasm. Seek it in other people. Spread it wherever you go. Make each day a joyful adventure.

Humorous and helpful

Be humorous and helpful to give meaning to yourself and to others.

Questions

Ask questions and listen to others

Questions are the quickest, easiest and surest way to create success. Ask questions of your friends, teachers, classmates, yourself, your books, and of life. Use questions to validate your visions, to build confidence, to strengthen your commitment, and to create enthusiasm and friendships.

Learn how to learn

Fine-tune your ability to organize information, improve memory, read and take notes, concentrate while studying, write papers, solve problems and take exams.

Thanks to the Pasadena City College Learning Assistance Center for some of the information included here.

If this was helpful you can get more useful information by taking a **Learn 11** class.