Growth Mindset

Growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts...Research evidence indicates that students can be taught to adopt a growth mindset.

**ACHIEVEMENT MEANS**
- proving you are smart
- you are learning and stretching

**BEING SMART MEANS**
- you are making no mistakes
- you are confronting a challenge/making progress

**A MISTAKE/SETBACK**
- leads to loss of confidence
- indicates an area for growth

**FAILURE**
- leads to humiliation
- means you’re not yet fulfilling potential

**EFFORT**
- takes away excuses for failure
- You get out what you put in.

**SUCCES**
- being the best/based on talent
- working hard to become your best

**FEEDBACK**
- threatening, provides good/bad news
- is welcomed and provides direction

**NEED TO ASK FOR HELP**
- indicates weakness
- is a useful strategy for growth

**STEREOTYPE THREAT**
- confirms negative stereotype
- inaccurate view of your abilities

**TALENTED PEERS**
- makes one feel threatened
- are a source of inspiration

INFORMATION FROM CENTER FOR RESEARCH ON GIRLS AT LAUREL SCHOOL

A Series of Research and Informational Publications by CRC by Lisa Damour, PhD

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**Nutrition Tips for College Students**

Many college students gain weight during their freshman year. The weight gain results from several changes in lifestyle habits that take place during the first year. The unlimited, around the clock unhealthy food choices, excessive alcohol intake, inconsistent meal schedules, emotional eating, lack of exercise can cause the gain of unwanted pounds. Listed below are healthy tips that may help you adjust to college while avoiding weight gain.

1. **EAT REGULAR MEALS**
   - Eat a small meal every 3-5 hours.
   - Eat breakfast within an hour after waking up, such as bagel or oatmeal.
   - Avoid snacking throughout the day if you tend to overeat at night.

2. **MAKE HEALTHY MEAL CHOICES**
   - Wait until you have finished your meal before deciding on dessert, skip it if you feel full.
   - Include at least one serving of fruit and vegetables at lunch and dinner.
   - Choose the healthiest meal options available.

3. **MAKE HEALTHY SNACK CHOICES**
   - Have low-calorie snacks available.
   - Avoid eating a lot of “fat” and other foods as they can be high in calories.
   - Say “no” to vending machine junk food such as candy, chips, regular soda, sweetened tea.

4. **DRINK RESPONSIBLY**
   - Avoid drinking large amounts of regular soda and other sweetened beverages.
   - If you are of legal age, remember to limit alcohol as it is high in calories.

5. **BE PREPARED FOR EMOTIONAL EATING**
   - Have alternatives to replace eating when you are stressed, tired, upset, excited, or bored.
   - Control the amount of “emotional” food you eat.
     - For the late night pizza cravings: limit yourself to 1-2 slices.
     - Ask yourself if you are really hungry before deciding to eat.

6. **Exercise Daily**
   - Sign up for an exercise class each semester.
   - Make use of the fitness facility on campus most days of the week.
   - Take a walk between classes once a day.

7. **TAKE PRECAUTIONS TO AVOID DISEASES LIKE MALARIA**
   - Avoid wet and waterlogged areas at night, using mosquito netting and repellent will reduce your risk significantly.

8. **AVOID CONTACT WITH ANIMALS**
   - Many animals on the street carry diseases. Avoid contact with them.

9. **BE CAREFUL WHEN SWIMMING**
   - Drowning is the most common cause of death for overseas travelers, so if you must swim, stay near the life-guards.

10. **GET ADVICE FROM DOCTORS ON PRE-EXISTING CONDITIONS**
    - Make sure you check with your doctor before departing so you will have the necessary tools and help you’ll need to stay healthy while away.

WITH THANKS TO: http://www.backwell.edu/s728a.html

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**In the Spotlight … Josh Moore**

Josh Moore, a graduating senior from Tiffin, Ohio has experienced several amazing years throughout high school and college. Sports, especially football and basketball, have always been high on his radar screen but never did he allow them to interfere with his academics.

Even as an avid athlete pursuing his true passion, he willingly found time to work and participate in many volunteer activities. During summer breaks he coached various youth groups sharing his sports expertise. As a result, his career goal in a position in sports/recreation management was strengthened.

Much appreciation is expressed by Josh to his mentors – parents, family, coaches and teachers. With their support he was motivated, encouraged and confident that he could obtain his goal: a degree in sports management. It was his high school coach who prompted him to try out for "USA SELECT," a traveling basketball team that was part of an international circuit. This opportunity intrigued Josh, and he enthusiastically pursued the challenge. Chosen from over a hundred competitors, he and a few other US athletes traveled to Ireland and other European countries to face expert international professional teams on a daily basis for two weeks. Their first game was played just a couple of hours after they landed. They played hard and continuously, sometimes three or four games a day. The age range of these players was twenty to forty years, some with years of experience and in the height of their career; others in the initial process of mastering their playing skills, but all were considered master players.

As the result of this outstanding opportunity, Josh honed his already expert skills, learned various playing techniques and was exposed to numerous cultures and countries. This “Once in a Lifetime” experience will always be cherished as one of his greatest memories.

Those of us in the ASC who have been privileged in facilitating the academic learning process for Josh would not be surprised to read of his success as a coach or other sports personality in the very near future. Josh’s dedication, determination, and commitment exemplify the values and spirit of Notre Dame College.
My Top 10 Study Tips

IN THIS ARTICLE I WOULD LIKE TO EXPLORE THE STUDY TECHNIQUES THAT HELPED ME SUCCEED IN MY UNDERGRADUATE AND GRADUATE STUDIES. WHILE I CANNOT GUARANTEE AN “A” IF YOU PRACTICE THESE, I CAN GUARANTEE THAT YOU WILL HAVE DONE YOUR BEST.

BY MARK EVANGEZITA

1. YOUR CURRENT OCCUPATION IS STUDENT
Your success in school is more important than everything else.

2. TAKE NOTES
Organize notes by rewriting after class.

3. READ YOUR TEXTBOOKS
Read other assigned readings, and do independent research. Relying on reading from a computer alone is not one of the better study strategies. Not only highlight what you are reading, but take it a step further by writing separate notes on what you have read. Writing additional notes will help you recall the information and give you the ability to understand the relationship of what you read today to what you will read tomorrow. This could include drawing diagrams of the subject matter to simply the big picture.

4. STOP PROCRASTINATING
Start projects early to help avoid panic and to help remain focused.

5. SHORT-TERM GOALS
Set attainable short-term goals that you can easily achieve. This will give you small wins that will begin to give you momentum in achieving bigger goals.

6. USE FLASHCARDS
There are just some things that will only come to you through rote memorization.

7. ADDITIONAL HOMEWORK
Do additional homework questions beyond what is required of you. This is especially true in math and accounting courses. There is no other way to understand courses similar to these and doing extra problems will build strength in those areas.

8. TEST YOURSELF
Answer questions at the end of text chapters.

9. STUDY IN GROUPS
Study with people from your class.

10. LONG-TERM LEARNING TECHNIQUES
Use word associations, mnemonic devices, or acronyms such as “F.O.L.” (First, Outer, Inner, Last) to help your long-term learning techniques.

11. BONUS TIP
Come prepared to tutoring sessions and bring your textbooks, notes, or other course materials with you to the tutoring session. It will help your tutors to help you!

Important Dates to Remember...

February 29  
Transfer to Action
February 29  
Delta Alpha Pi  Red Robin Event
March 1  
Delta Alpha Pi  Induction Ceremony
March 14  
Transfer to Action
March 28  
Transfer to Action
March 28  
Career Day
April 11  
Transfer to Action
April 26  
Recognition Day

Top 10 Study Tips

1. READ YOUR TEXTBOOKS
2. ORGANIZE NOTES
3. STOP PROCRASTINATING
4. USE FLASHCARDS
5. ADDITIONAL HOMEWORK
6. TEST YOURSELF
7. STUDY IN GROUPS
8. LONG-TERM LEARNING TECHNIQUES
9. BONUS TIP
10. SHORT-TERM GOALS