

Self-Improvement

1. Reflect on the idea of growing, changing, and improving. Do you embrace the idea? What would you like to change about yourself? List the qualities you would like to improve and how you plan to go about it?
2. How do you view learning? Do you limit your learning mainly to what is required in your classes? Or do you look for other opportunities to learn? What are some examples of things you could do to learn more than what is covered in your classes? What is your view toward lifelong learning? Are you excited about learning continuously through your career and life?
3. Scrutinize your behavior in past week and then write down five non-productive actions you have done. Why did you choose these non-productive actions?
4. Research the term self-actualization. What does it mean? How strong is your need for self-actualization?

5. Consider the following productive behaviors:
 - a. Study collaboratively with other students
 - b. Developing significant time and energy to studying
 - c. Preparing for lecture
 - d. Studying from class to class rather than from lecture to lecture
 - e. Making effective use of professors outside of the classroom
 - f. Practicing good time management principles
 - g. Immersing yourself in the academic environment of the institution
 - h. Actively participating in student organizations

Answer the following questions about each behavior

- 1) Do you have adequate knowledge about each behavior?
- 2) Have you made a commitment to the behavior? If not, why?
- 3) Are you implementing the behavior? If not, what is keeping from doing so?

6. List five reasons why you should strive to improve your effectiveness in working and communicating with people who are different from you.