**Engr110 - Assignment 1 Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Purpose**

One of our course outcomes is to make you the best learner you can be. I hope this assignment will help you identify areas for self-improvement and create and implement a plan to start working on issues that might hold you back. This outcome is very personal in nature. While *you* might have financial issues, *someone else* might have issues with procrastination. To make this assignment relevant to *you* and *your* situation, …

you are invited to

* reflect on your current study habits, attitude toward success, life situation etc.,
* identify areas that you feel you need to address,
* come up with a plan that might help you change,
* implement it beginning this quarter, and
* continue to modify/experiment/improve for the rest of your life ☺.

**Example:**Area to address: you feel that you are spending too much time working a day job and feel this is holding you back in your studies.
Plan: you might decide to address the issue by
(a) lowering your expenses by replacing your expensive leased car with an affordable used car and
(b) reducing the number of work hours since you have smaller bills to pay now.

**Note:**

Of course, you are not required to tell me about deep, personal issues. Be as honest as your comfort level allows and feel free to print out another copy of the document if you want to do one version to turn in for credit and one that is just for yourself.

**Activity 1: Check off any of the statements below that describe your attitude.**

ATTITUDE

|  |  |
| --- | --- |
| My commitment to success in engineering study is weak. |  |
| I lack confidence in my ability to succeed in engineering study. |  |
| I have a tendency to sabotage my success. |  |
| I tend to blame others for my failures. |  |
| I don’t see any need to change myself or to grow or develop. |  |
| I am generally unwilling to seek help from others. |  |
| I tend to procrastinate, putting off the things I need to do. |  |
| I tend to avoid doing things that I don’t enjoy. |  |
| I avoid contact with my professors outside of class. |  |
| I prefer to study alone rather than with other students. |  |

For any of the items you checked, answer the following questions:

a. Is this attitude working for me (positive attitude) or working against me (negative attitude)?

b. If the attitude is working against me, can I change it? How?

**Activity 2: 60-Hour-Rule**

Apply the 60-hour-rule to your situation. Find it in the book if you are not sure what it is (Chapter 1).

|  |  |
| --- | --- |
| How many credit hours are you taking this quarter? Multiply this number by 3. (e.g. 12 credits x 3 = 36 hours) |  |
| How many hours per week on average do you work outside of school (e.g. as bartender or in student leadership)? |  |
| How many hours per week total do you commute (to work AND school) |  |
| **Total** |  |

Based on that rule, how many credit hours should you be taking? \_\_\_\_\_\_\_\_\_\_

How many are you taking? \_\_\_\_\_\_\_\_\_\_

Are you overcommitted? What can you do about it?

**Activity 3: Skills – Personal Rating and Importance**

In the ‘Rating’ column, rate yourself on a scale of 0 to 10 (ten being the highest) on the given items.
In the ‘Importance’ column, rate on a scale of 0 to 10 (ten being the highest) how important the listed items are to you.

|  |  |  |
| --- | --- | --- |
| Description | Rating | Importance |
| Writing skills |  |  |
| Oral communication skills |  |  |
| Ability to work on teams |  |  |
| Commitment to becoming an engineer |  |  |
| Understanding of professional and ethical responsibility |  |  |
| Recognition of the need for life-long learning |  |  |
| Knowledge of contemporary issues |  |  |
| Computer skills |  |  |
| Ability to apply knowledge of mathematics |  |  |
| Ability to apply knowledge of science |  |  |
| Participation in student organizations |  |  |
| Degree you work collaboratively with other students |  |  |
| Time and energy devoted to studying |  |  |
| Time spent on campus |  |  |
| Overall grade point average |  |  |

Make a list of items that need your greatest and least attention.

|  |  |
| --- | --- |
| Needs my greatest attention | Needs my least attention |
|  |  |
|  |  |
|  |  |

**Activity 4:** Which of the items above have to do with your skills? With your attitude? With your approach to studies?

You do not need to write down an answer to this, just think about it. Skills can be learned, attitudes can be changed (that can be hard to do …). Classifying the items might help in creating a plan for how to address the issue.

**Activity 5: Making a Plan**

Make a list of factors that are interfering with your ability to perform academically up to your full potential. How many of these are external to you (e.g. job, family, friends)? How many are internal (e.g. lack of motivation, poor study habits, etc.)? Which of these interferences can you reduce or eliminate completely? What can you do to accomplish that?

|  |  |  |  |
| --- | --- | --- | --- |
| Factor interfering with your ability to perform academically up to your full potential | External | Internal | Steps you can take to reduce or eliminate the factor (be specific) |
|  |  |  |  |
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Choose three factors from the list above that you can make a commitment to start working on this quarter.

|  |  |
| --- | --- |
| Issues that I commit to start working on this quarter | Specific steps I commit to take this quarter to address the issue |
|  |  |
|  |  |
|  |  |

Suggestions for this assignment: what was helpful, what can be improved?