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IVYT 101

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Post Assessment

1 <sup>st</sup> Score	2 <sup>nd</sup> Score	Topics
56	69	1. Accepting self responsibility
70	73	2. Discovering self-motivation
63	69	3. Mastering self-management
45	47	4. Employing interdependence
65	63	5. Gaining self-awareness
58	61	6. Adopting lifelong learning
33	36	7. Developing emotional intelligence
41	59	8. Believing in myself

**The area in which I raised my scores** most drastically was *believing in myself*. As the college semester has progressed a feeling of confidence has gradually been growing due to the success experienced in the courses to date. This score shows an increase of faith in myself as being worthy and accepting myself as who I am. Other changes in score are just as heartening such as *Accepting self-responsibility* and *Adopting lifelong learning*. These scores demonstrate an increased desire to succeed and the knowledge that it is only myself who is responsible for such a success. The improved scores could also be attributed to the determination to do well in college.

**The area in which I lowered my score** was *Gaining self-awareness*. My score is still high

nevertheless, the decrease could have been due to a slight change in answers from one assessment to the next. I still employ the same behaviors, and attitudes which I did on the previous assessment. My lowest score was still *Developing emotional intelligence*. Realizing that I struggle to control my emotions, I have made some effort to improve or master the unpredictable nature of emotion. On a rough or unpleasant day I normally feel quite gloomy and apathetic towards other people's problems.

**The areas in which I most want to continue improving** are *Developing emotional intelligence* and *Mastering self-management*. When emotions control the decisions made, it results in error due to clouded judgment and further frustration. I want to dominate my emotions not have them coerce me into error. A good college student completes assignments and meets their deadlines through proper self-management. If I do not make a conscious effort to manage my time effectively then I will rapidly fall behind on any obligation that I have committed myself to accomplish.

**The behaviors, thoughts, emotions and beliefs I would like to continue to change** dwell in my personality. Often I will choose to do something fun rather than accomplish something productive, such as a school assignment. By prioritizing my tasks I will continue to change this destructive behavior. Emotions I struggle with are anger and guilt. Becoming angry and frustrated at an assignment I then feel guilty when I know it was my fault that the assignment was not the best it could have been. Again I am changing these emotions through time management and learning to work harder on the more important assignments.

**What I have learned this semester and the ways I have changed** include how to remember a lecture, and how to best deal with my frustration. Through the course of this semester I have gathered together a support group to help and encourage me when I am feeling down. I have two older siblings in college and I can speak with them about various stresses I am experiencing. Another support group has been formulated from some of my high school friends. I have learned that a support group is the difference between emotional success and failure. I have always been a note taker but this semester I discovered that I could make my notes easier to go back through by changing my numbering system and

using different colored highlighters to emphasize important topics. I have learned that college is only beneficial if you devote the adequate amount of time to studying and learning what will be important in your future career.