**Persuasive Essay**

**Positive Mentality and Its Effect in College Students**

English Composition 202 Section Online 01

Doc. Kimberly Bunts-Anderson

Angela F. Bernal Student ID# 25015

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Positive Mentality and Its Effect in College Students

 Having a positive mentality brings good decisions, growth mindset, a happy aura, less stressful mind, and can boost your motivational spirit. Being a college student, there is a laundry basket full of assignments, quizzes, tests, projects due all in the same week for different subjects. If college students have a positive mindset then they will only see their end goal, which is passing a class with flying colors, no matter how much the pile of work is. Knowing if students mentality is positive is important because, you never know what someone is thinking off, it might be mentally and emotionally negative, knowing will let us help them up from any downfall that they are going through in school and help them succeed in their classes. My question is, What is the mentality of College students at Northern Mariana College? And what is their definition of a positive mentality?

 The five literature sources that I found are *The effects of college students’ positive thinking, learning motivation and self-regulation through a self-reflection intervention in Taiwan.* In Taiwan, an experimental study has tested students on which they had activities and assignments on what the effect is on positivity.(Wang H., Chen, H. T., Lin, H. S., & Hong, Z. R. (2017), *How Maintaining a Positive Outlook Can Help Us Learn.* They stated that attitude is important because they had data to prove that it affects the Intellectual Quotient of a person.(Marianne S. (2018), *Fixed and Growth Mindset in Education and How Grit Helps Students Persist in the Face of Adversity,* From the abstract, it mentioned that having a growth mindset will move a student to success in school by pushing through difficult lessons and learn each day.(Hochanadel, A., & Finamore, D. (2015), *Growth mindset tempers the effects of poverty on academic achievement,* In chile, having a growth mindset was common in families who were wealthier, and in that certain area, the status of a person and their way of living has an effect in their mindset.(Claro, S., Paunesku, D., & Dweck, C. S. (2016), The Importance of Positive Thinking (Wells, A. (2018). These will help me in my project because they are proof of the studies on positive effects on students, what positive mentality is and its importance alone, also the status of a person that has an effect on their mindset.

 The process on how I will collect data is having a survey with questions about positive mentality. I will give a situation and have them choose a negative or positive answer. For example, You got a C on your english mid-term exam. What will you do? A.) Study harder for your final exam, and do good in next assignments. B.) Be contented with a passing grade, and lack motivation to do assignments. I will put questions about stress levels, how they cope with it, what mentality do they have either a negative or positive mindset on academics.

Time Management

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|  | Finding Literature | Collecting Data |
| Schedule | April 29-May 4 | April 30-May 7 |
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I will give time to search for sources in the library for my topic, as I do need a local source, and I will start giving surveys on Monday, my end result is having at least 50 students.

Schedule of the Class Essays

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| Essays | Essay 3 Process Essay | Essay 3 Descriptive Essay | Final Research Report |
| Due Dates | May 10 | May 24 | June 7 |
| Target Start Date on Draft  | May 7 | May 21 | May 25 |
| Target Date for Finished Essay | May 9 | May 23 | June 5 |

#  These are my goals for myself, I will start early on the essays, so I have time to proofread them, and edit them.

 In conclusion, my research topic has a strong voice. It is speaking for those who may need help, and it is giving awareness on how positivity can help college students and its effects towards achieving their goals. Knowing a percentage of what college students mentality is and what they think of positive mentality is important for me because everything starts mentally, so mental health is something that should be talked about more. I have found sources that helped me in how to get data on college students that I will apply, the conducted study of researchers, helped me go outside of being a college student and thinking about their way of living, and I have learned more about positivity that can help me thoroughly explain the importance of it.

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 Reference:

Wang, H. H., Chen, H. T., Lin, H. S., & Hong, Z. R. (2017). The effects of college students’ positive thinking, learning motivation and self-regulation through a self-reflection intervention in Taiwan. *Higher Education Research & Development*, *36*(1), 201-216.

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Wells, A. (2018). The Importance of Positive Thinking. *Trustees of Darthmouth College.*