

Dear Reader,

When you think of a life plan, there are many things to consider such as long term goals and career plans. Thinking in depth of your college life requires many self-assessments and finding your true self.

Here's a brief look on the book that helped me in my College Success course. Thanks to Carol C. Kanar, the author of The Confident Student, the text helped me on focusing on the important skills I need for college. A few of the chapters reflected on career, work, and school traits I need to improve.

Figure 1.2 TABLE OF CONTENTS is a guide to my LIFE PLAN portfolio.

This is just the beginning of my life plan, and it only continues on from here.

Sincerely,  
Noely San Juan

## “Are you a confident student?”

Here’s a glimpse of what I already know about myself, this Skill Finder exercise is a brief questionnaire determining which skills I need to develop. It is broken down into a range of being confident, neutral, or not confident at all.

In this questionnaire, I’ve reflected on a few things that I believe needs to be improved such as:

- Having a mentor to turn for advice
- Knowing my college catalog
- Knowing what it means to be an active learner
- Knowing my learning style is and how to use it in my advantage
- Predicting test questions from reading and lectures
- Evaluate what I am learning for its reliability, objectivity, and usefulness
- Being an active reader than a passive reader
- Having trouble making decisions
- Being a good listener
- Knowing the difference between active listening and passive listening
- Have an organized note-taking system that gives me good results

These skills needed to improve are just a few to mention. I believe that there are more skills needed to learn and *The Skill Finder* is just a guide. If you look through this exercise, you can briefly go through what I am confident about and which areas needs to be focused on.

## “Becoming a Confident Student”

In chapter 1, I reflected upon being familiar of what and who are around you. A trait learned with being a confident student is being flexible. You have an open mind and are able to adapt to changing circumstances. Taking ownership of your college experience, knowing your friends, and getting involved are a few of the topics I focused on.

I have to admit, I don't really consider myself a confident college student but I am familiar with most of the things around me. In awareness check 1.1, it shows that I am on my way towards owning my college experience! It's exciting and amusing to find that I'm becoming more confident with my path. Achieving academic success takes more than just choosing a career, but also being involved in college and local events. In awareness check 1.4,

Reflecting on my friends, I don't have a few but I believe they are the best of friends. I am proud to say that we are culturally diverse. My friends, Sky, Kass, and Tiana fit in the categories of Asian American, Kosraen, and Chamorro. The fact that we are different in race, makes it easier to become diverse in ideas and custom. I believe that I don't have a problem in making diverse friends, in fact, it's easy. We differ in religion and family, but it doesn't change our views of each other. This leads to my diversity story. The story on the next page, was an exercise that will show my diversity experience!

Becoming a confident student is not all about what you know, but who you know as well. If we become comfortable with the people around us, they become your support and advice to turn to. I always look back to the people who matter most to me, and who are temporarily there. In college, we will come across many people who only matter in class, and will matter in heart.

## “Discover and Use your Learning Style”

By now, you are already familiar with the things I need to improve, and one of them is SELF MOTIVATION. It gets difficult knowing what I want and how to strive to accomplish my goals.

I know many of my weaknesses but not my strengths. In awareness check 2.1, I did an exercise that reflected on a few of my traits. And honestly, I have a lot of weaknesses and I only enjoy being internet and technology savvy. With innovative updates, it gets tempting learning all the new stuff!

I reflected on using my **learning style**, which is adapting to your styles of learning and using them. I am known to be a **visual learner**, I prefer to learn by seeing things. Graphs and illustrations are a great way of learning because it lets you imagine and remember the image.

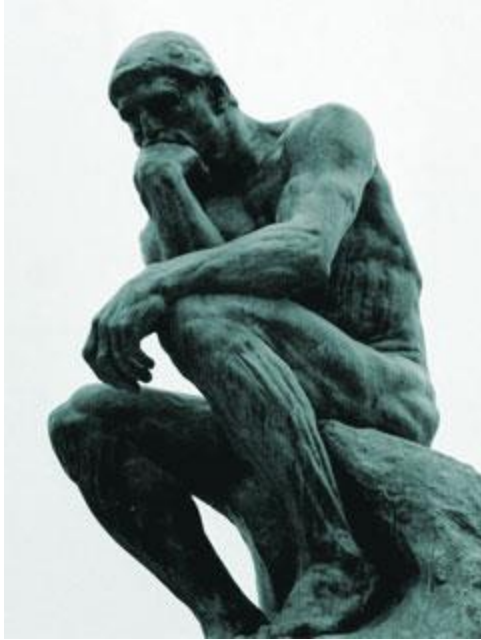
The way my body and senses reacts are easily adjusted but is a major impact to my learning environment. I've learned that the classroom settings affects the way I learn.

If it's too hot or too cold, I lack concentration. If it's too early for me to get up, I have a hard time understanding the material. If it's not enough to show me, I have to do it myself. I enjoy courses where there is some physical activities involved, it gets the mind going! Those are just a few to mention, and my preferences differ from everyone else.

I have a different mind-set and source of motivation. In figure 2.3, I range as an **internally motivated** person. I believe that everything you do is a matter of choice, and that you are to blame and learn for yourself. Expectations can get the most of us, but we shouldn't blame the external environment for mistakes we make. In The Confident Student, research shows that “motivation affects achievement. The more self-motivated you are, the greater chances for success in college.” So let's just think back to the teachers we blamed, the friends who didn't show up for a project, or the time you didn't use wisely....

Reflect and see how much change it would be if you were self-motivated enough to do the assignment. Many things range from our source of motivation and I believe that I have motivated myself to get this far.

## “Think for Yourself”



“Am I doing it right? What comes next? Where do I go from here? How do I move on from this? Is this the right choice?” These are a few questions I ask myself before making a decision. I sometimes have a hard time thinking for myself and responding to a situation. It becomes harder if you aren’t familiar with the situation.

In chapter 3, it’s all about being an **intellectual risk taker**. Where you think for yourself critically and creatively.

I believe to be a **creative thinker**. Although I don’t always think logically, I think creatively and to be inventive and original. I tend to reorganize information in new patterns and context. In the awareness check 3.1, it is said that I have some thinking skill strengths on which to build new skills.

I have to improve to be both critical and creative in thinking. A balance in both will help in becoming self-reflective, conscious, purposeful, and focused.

The next time I think for myself, I’ll think of the practical outcome that will help me make successful decisions.

## “Setting Goals and Solving Problems”

Short term or long term, goals will be goals. Have you ever thought of your reasons for attending college? Because I have. In chapter 4, it teaches me to be **enthusiastic**. It’s all about having a positive attitude, being optimistic, hopeful, and energetic.

A major influence in attending college, is my family. Family are the people you are most comfortable with and around as often. This way, it becomes easier for us to find support from them. A reason to attend college is to help my family. In the near future, I want to be able to support them financially and help them live a stable life. My parents has taught me to be brave and become independent. On top of that, I’ve learned the responsibility, respect, and fairness.

When I visualize myself successful, I feel that I am happy and positive where I want to go. I’ve learned to maintain a positive attitude, whether it is with stress, being a presenter, and continuing obstacles.

These real life situations will help me in improving my motivation in college. My reasons for attending college differ from everyone, it can range from making money, experiencing new things and improving my education.

Although there are many things I want to do, you can see my **self- reflection activity** which reflects on my career and focuses on my long term goals with reasons for achieving them.

Noely San Juan  
6/29/15

### Self-Reflection Activity

Where do you see yourself after college?

How does college success relate to your goal?

Everyone wants to be happy, even a year or five years from now. In years, I have graduated with my Bachelor's degree in the field of International Tourism and travel. The area of study with tourism allows me to make choices for a future full of experiences. The hospitality industry will create experiences that will lead to bigger opportunities to travel and tour others.

I see myself as an independent person that will continue to make a living for myself and my family. With my degree, I can work in the field of sales and marketing, be a flight stewardess, or manage a hotel. I want to travel the world, and because experiencing new things will be memorable. I want to be around my area of comfort and teach others and allow myself to be inspired.

Everything begins with a step. College success will relate into survival and confidence will into helping me through college. It will help me build skills and experience for real life situations. I will learnt to adapt and change into different environments. Tourism and travel takes more than academic but survival skills. The field of the tourism industry is like traveling the world, only they are traveling to you.

