

Winning the Game of Life and College  
October 3, 2018, TSU Writing Center Production  
Room 316, Student Success Center

First, refer to the handout Fixed Mind-set vs. Growth Mind-set.

Answer Key follows afterwards

“Use the past as a \_\_\_\_\_, not a \_\_\_\_\_.”—Jim Rohn

“Seek other people’s \_\_\_\_\_, but don’t \_\_\_\_\_ \_\_\_\_\_. And don’t take \_\_\_\_\_ of anyone’s advice. Make sure every \_\_\_\_\_ you make is a product of your own \_\_\_\_\_. Be a \_\_\_\_\_, not a \_\_\_\_\_.”—Jim Rohn

Failure is an \_\_\_\_\_, not a \_\_\_\_\_. –Zig Ziglar

An acronym for FEAR could be

F \_\_\_\_\_  
E \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_. ---paraphrase of Zig Ziglar

Airplanes are off course \_\_\_\_ of the time. Pilots must use the inertial guidance system and air traffic control to \_\_\_\_\_ - \_\_\_\_\_, allowing pilots to reach their \_\_\_\_\_ (or goal). (Source: <http://observer.com/2015/12/if-youre-too-busy-for-these-5-things-your-life-is-more-off-course-than-you-think/> )

Bald Eagles are usually successful only \_\_\_\_ of the time, meaning a bald eagle is successful about \_\_ out of \_\_\_\_ times when trying to snag a fish. (Source: <https://www.quora.com/Which-raptor-is-better-at-catching-fish-the-Osprey-or-the-Bald-Eagle> )

In the mechanical world, you can be off \_\_\_\_\_ of the time; in the natural world, you can be off \_\_\_\_ of the time, but people (who have the ability to \_\_\_\_\_ and \_\_\_\_\_) often give up after one or two failures.—Mr. Turner’s observation

Mr. Turner’s proposal for you: A new way of \_\_\_\_\_ :  
life is a process of \_\_\_\_\_, and it is better to fail

towards success by \_\_\_\_\_ - \_\_\_\_\_ and \_\_\_\_\_ the number of \_\_\_\_\_ than to give up.

Some tools for self-reflection

1. A \_\_\_\_\_
2. Writing towards \_\_\_\_\_ and then a writing towards reflection, making sense of why, and moving forward

“ \_\_\_\_\_ - \_\_\_\_\_ ” is one of the factors that determines whether people will become \_\_\_\_\_: “In your head, you say between three hundred and a thousand words every minute to yourself. Those words can be positive (*I can do it*) or negative (*Oh god, I can't take this anymore*). It turns out that when these words are positive, they have a huge effect on your mental toughness, your ability to keep going”—(Eric Barker, *Barking Up the Wrong Tree*. HarperOne, 2017, p. 67.)

*Success Questions towards Financing College With More Scholarships, Less Debt*

1. Have you made one or more appointments in the TSU Writing Center to go over scholarship essays or applications to make sure they are as strong as they could be?
2. If you have not made appointments in the TSU Writing Center, will you go ahead and submit applications to scholarships anyway, knowing it is better to apply than to not apply at all?
3. Have you made an appointment to see Mr. Turner three times this semester towards your goal of working to achieve more scholarship money and other opportunities to finance your college education?
4. Ask yourself, “What am I willing to do to finance my college education?”
5. Are you willing to apply to 100 scholarships?
6. Are you willing to apply to 1,000 scholarships?

Mr. Turner will share with you in this presentation scholarships you can apply for. Take notes.

## Answer Key

“Use the past as a schoolhouse, not a 2x4.”—Jim Rohn

“Seek other people’s advice, but don’t take orders. And don’t take 100% of anyone’s advice. Make sure every decision you make is a product of your own conclusion. Be a student, not a follower.”—Jim Rohn

Failure is an event, not a person. –Zig Ziglar

An acronym for FEAR could be

False

Expectations

Appearing

Real. ---paraphrase of Zig Ziglar

Airplanes are off course 90% of the time. Pilots must use the inertial guidance system and air traffic control to course-correct, allowing pilots to reach their destination (or goal). (Source: <http://observer.com/2015/12/if-youre-too-busy-for-these-5-things-your-life-is-more-off-course-than-you-think/> )

Bald Eagles are usually successful only 33% of the time, meaning a bald eagle is successful about 3 out of 10 times when trying to snag a fish. (Source: <https://www.quora.com/Which-raptor-is-better-at-catching-fish-the-Osprey-or-the-Bald-Eagle> )

In the mechanical world, you can be off 90% of the time; in the natural world, you can be off 30% of the time, but people (who have the ability to think and reflect) often give up after one or two failures.—Mr. Turner’s observation

Mr. Turner’s proposal for you: A new way of thinking: life is a process of failing, and it is better to fail towards success by self-correcting and increasing the number of attempts than to give up.

## Some tools for self-reflection

### 1. A journal

2. Writing towards why and then a writing towards reflection, making sense of why, and moving forward (different ways to think about your situation: your own past when you overcame an obstacle or learned something, what you learned from other people's experience [either from printed sources (autobiographies, books, plays, online websites or articles) or multimedia sources (podcasts, motivational CDs, songs, plays, TV shows) or actual living, breathing people])

"Positive self-talk" is one of the factors that determines whether people will become Navy Seals: "In your head, you say between three hundred and a thousand words every minute to yourself. Those words can be positive (*I can do it*) or negative (*Oh god, I can't take this anymore*). It turns out that when these words are positive, they have a huge effect on your mental toughness, your ability to keep going"—(Eric Barker, *Barking Up the Wrong Tree*. HarperOne, 2017, p. 67.)