



LASSI Worksheet: Attitude (ATT)

Name: _____

Introduction

It's not always easy to stay focused in school. Distractions and negative mindsets can deter you from progress towards your goals. At times, it's useful to pay attention to your **attitudes** and interest in college, as well as your academic success. These attitudes may be either helpful or harmful in your journey through college, which could ultimately assist or prevent you from succeeding.

Plan: What are some of your college goals? What do you aspire to do/be? If you're unsure about why you're in school, reflect and write honestly about those feelings.

Identify: What are things you find difficult or frustrating about college?

1. _____
2. _____
3. _____
4. _____
5. _____

Attitude: Pick two of those items from the list of difficulties you made above and write honestly about your thoughts or emotions when confronted with those challenges.

1. _____

2. _____

Think About It: Reflect on the “Attitude” section above. How do you feel your attitudes about your challenges in school are useful or unhelpful towards your goals? Are your thoughts generally positive or negative?

Tips on how to improve your attitude and focus on positive thinking:

- **Know where to start.** Identify areas of your life that you tend to think negatively about.
- **Laughter is the best medicine.** Try reducing stress and negative thoughts by seeking humor in your day.
- **Consider your health.** Eating healthy and regular exercise can have big effect on your attitude as well as relieve stress.
- **Socialize with your peers.** Look for like-minded individuals who are positive, supportive people you can talk to for advice by connecting with an on-campus club or organization that interests you. You can find more information here: <https://www.csus.edu/student-life/student-organizations/>.
- **Live with gratitude.** Keep a gratitude log to focus on the positive things in your life instead of the negative.
- **Self-Talk.** When confronted with feelings of frustration, disappointment or even boredom, reconsider how you process those feelings. Encourage yourself and put a positive spin on any negative thoughts. Here are some examples:

Negative Thinking	Positive Thinking
Carelessness “It doesn’t matter.”	Planning Ahead “I’ll make a schedule.”
Fatalism “If it happens, it happens.”	Willingness to Learn “I’ll ask for help.”
Passiveness “It’s not interesting.”	Alertness “I’ll concentrate and pay attention.”
Ignorance “I don’t understand it.”	Knowing Your Goals “I want to improve.”
Cynicism “It’s not worth my time.”	Faith “I’ll try my best.”
Apathetic “It’s too much trouble.”	Effort “I’ll work towards getting it right.”

Sac State Can Help!

Academic Advising and Career Center*

Lassen Hall, 1013 | (916) 278-6231

www.csus.edu/careercenter

Peer Academic Resource Center (PARC)

Lassen Hall, 2200 | (916) 278-6010

www.csus.edu/parc

Science Educational Equity (SEE) Program

Sequoia Hall, 320 | (916) 278-6519

<https://tinyurl.com/y2tk5e6p>

Student Health and Counseling

The Well | (916) 278-6461

<https://www.csus.edu/shcs/>

Other Helpful Resources:

**Blog Post About Getting Motivated to Study:
Complete with Motivational Songs:**

tinyurl.com/jm2s56p

Mindset and Attitude Go Hand In Hand:

Tinyurl.com/jjwo832

Motivational GIFs to Get You Through Finals:

Tinyurl.com/h7ees9z

**Motivational Philosopher, Jay Shetty, Talks
About How Failures are a Chance to Learn:**

Tinyurl.com/hl886pm

**Overcome Negative Thoughts with Positive
Thinking:**

Tinyurl.com/25touzg

Explore and Reflect: Pick at least 2 of the resources and links above, and check them out. Write about your reaction and experience with these resources and/or links. Which ones did you find most helpful? Why or why not?

*** Consider:** If you are a student who is struggling with your purpose at school or feeling you are not in the right major, please visit the Academic Advising and Career Center. It is a resource that can help point you in the right direction.