

LIFE MANAGEMENT and STAYING MOTIVATED in STUDIES

OUTCOMES

- Appropriate expectations for the experience
- Strategies for success

SINGULAR JOURNEY

- You're the Captain of this ship
- Take them one at a time
- Each one requires specific time, attention and resources
- Pursue your passion
- Begin with the end in mind
- Culminating experience

BLOOM'S TAXONOMY

- Kick it up a notch!
- This is the big time
- Advanced academic writing is key
- Use Bloom's to guide you
- Read research!

OVERCOMING FEARS

- Relax!
- Self perception vs. reality
- Myths, legends & folklore
- Filtering out the truth
- Believe in yourself
- “The only thing we have to fear...”

FINDING SUPPORT RESOURCES

- Absolutely necessary
- Superficial vs. real
- Keep them close
- Don't be afraid to use them
- Don't assume
- Don't try to do this alone
- They are everywhere

MILESTONES

- Recognize achievements
- Celebrate achievements
- Reward yourself - you earned it
- Use as a motivational tool
- Keep them visible

IS SANITY AN OPTION?

- It can be!
- It is up to you
- Maintain perspective
- Don't overwhelm yourself
- Balance in life
- Time management
- Be selfish

MAINTAINING COMMUNICATION

- Mentor is #1
- Be sure to include all committee members
- Network with other learners
- Communication must be clear, comprehensive and consistent
- Don't assume
- Make it meaningful

ALL YOU NEED IS LOVE!

- Keep loved ones close and involved
- Temporary inconvenience - permanent improvement
- Utilize loved ones positive energy to keep you going
- Remind them that the end is near

QUESTIONS & COMMENTS

- I know you have them