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#22 | My Blog
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professional
development
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Course improves
student outcomes
and experiences.
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Evidence.

Journal Entry
#21 | My Blog

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Journal Entry
#21 Write about
a time when you
were off course
and took
effective
actions to get
back on course.
An area of my
life where I
would say I was
off course was
in highschool
during the 11th

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grade.

Journal Entry 21
| kevinthemage
Journal Entry
21. 11/7/2014. 1
Comment 1. Write
about a time
when you were
off course and
took effective
actions to get
you back on
course. A few

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weeks ago I had just gotten two new jobs and I was so excited to be getting more money and of course new experiences at both but I definitely bit off more than I could chew. I was going from one job to ...

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Journal Entry 27
| chuchita12's
Blog

Journal Entry
#22. 1. Write a
dialogue with
your inner guide
that will help
you revise your
self-sabotaging
scripts. IG: In
what area of
your life are

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you off course?

ME: I don't feel that i have been giving a 100% in my classes. ...

What different thoughts could you choose to get back on course, and helping yourself. ME: I first need to focus ...

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Journal Entries
21-24 - MyLifeMatters2Blog

Journal Entry

#21. 1. Write about one of your self-defeating behavior patterns.

everyone has self-defeating behavior

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patterns, its
ok, there easy
to over come but
first you need
to identify
them. Personally
my self-
defeating
behavior pattern
is that I break
promises that I
make to myself.
one example of
this is that i

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tell myself that
I will go ...

Chapter 5

Journal Entry 20

| successfullife

happylife

Chapter 6: Entry

21 1. Write

about a time

when you were

off course and

took effective

actions to get

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back on course.

The area in my life that i was off course is last semester. I was not putting enough effort and time into my school work. I was not using my time wisely. To get back on course i started to put more

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effort into my
work and ...

Journal Entry 21
- Shannon Casey
Journal Entry 21
Everyone gets
off course at
times, but only
those who are
self-aware can
make a course
correction to
improve their

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lives. 1. Write about a time when you were off course and took effective actions to get back on course. A time when I was off course I remember my freshman year of High school.

Journal Entry

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#21 | Travis

Rolle

COL 101.100

September 26,

2010 Journal

Entry 21 1.

Write about one
of your self-
defeating
behavior
patterns. One of
my self-
defeating
behavior

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patterns is that I always wait until the last minute to do my assignments. For example, in my college 101 class I know about all of the assignment and when they are due. But I tend to wait until the night before

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they are due to
complete them.

Journal Entry 20

- janeevablog

1. Write about
one of your self-
defeating
behavior
patterns. What
exactly is your
self-defeating
behavior
pattern? I feel

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uncomfortable
about asking for
help. What are
some specific
examples of when
you do this
behavior? When
I'm in class and
I don't
understand
something I'm
uncomfortable
and afraid to
ask for help. I

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feel like my
teachers and...

Journal Entry 20
| kevinthemage
Journal Entry
30. In this
activity, you'll
experiment with
one of two
strategies
intended to
increase
happiness. The

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first was
briefly
described in the
preceding text;
the second is
new. Assignments
similar to both
of these have
been employed
with encouraging
results in
positive
psychology
classes at

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colleges such as
the University
of ...

Journal Entry
21a - COL
101.100 Journal
Entry 21 1 Write
...

Everyone gets
off course at
times, but only
those who are
self aware can

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make a course
correction to
improve their
lives. 1.) write
about a time
when you were
off course and
took effective
actions to get
back on course.

... Journal
Entry 21. Leave
a reply. ... ?

Journal Entry 20

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Journal Entry 22

...

Journal Entry
#21 -
janeevablog
Journal Entry
20. Everyone
gets off course
at times, but
only those who
are self-aware
can make a
course

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correction to
improve their
lives. ...

Journal Entry
19. Journal
Entry 21. Leave
a Reply Cancel
reply.

Journal Entrys:
Chapter 6
Return to the
beginning of
this section

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where you were asked to imagine getting contradictory opinions about Dr. Skinner, the psychology 101 instructor. Make a list of at least 10 probing questions you could ask your two friends to help you find

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the truth and
make a wise
choice about
whether or not
to take...

On Course
Workshop -
Helping colleges
improve student
...

Journal Entry
20. 1.) Write
about a time

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when you made a
positive change
in your life.

When I started
being more
assertive in
daily life I
found that
various aspects
of my life
improved. It is
partially due to
my bad grades in
high school, but

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it that was just
the spark that
lit the flame.

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| chuchita12's
Blog

Journal Entry 21

In this
activity, you
will explore
self-defeating
patterns in your
life that may

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reveal

unconscious
scripts. You're
about to embark
on an exciting
journey into
your inner
world!

Journal Entry
22: Self-
Defeating |

wowokaykayles

1. Write three

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different responses to the instructor described in the following situation.

Respond to the instructor by

- (1) placating,
- (2) blaming, and
- (3) leveling.

Situation: You register for a course required

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in your major.
It is the last
course you need
to graduate.
When you go to
the first class
meeting, the
instructor tells
you...

Journal Entry 20
- adamtablog
Journal Entry
20. July 25,
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2016

janeevablog.
Everyone gets
off course at
times, but only
those who are
self aware can
make a course
correction to
improve their
lives. ...

Previous Post
Journal Entry
19. Next Post

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Journal Entry
#21. Leave a
Reply Cancel
reply.

On Course
Journal Entry 21
Journal Entry
21. 1.) Write
about one of
your self-
defeating
behavior

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patterns. My biggest self-defeating habit is consciously keeping big distractions nearby. Video games and pointless internet browsing are two big ones. I have sunk countless hours into both

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of those things
that could have
been used to do
homework or
something.

Journal Entry 21

- adamtablog

Journal Entry

#21. July 25,

2016

janeevablog. ...

There you can

discover- and

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later revise-
the invisible
forces that have
gotten you off
course from your
goals and
dreams. 1. Write
about one of
your self-
defeating
behavior
pattern. ...

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22. Leave a
Reply Cancel
reply.

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