

Take it to the Next Level: Skills for Student Success Series

Welcome

Please:

- Mute your microphone until you would like to speak
- While you are waiting for the workshop to begin:

**** In chat, type your favorite candy! ****



College of Agricultural, Consumer and Environmental Sciences

NMSU College of Agricultural, Consumer and Environmental Sciences
4-H and Youth Development
AGGIE NEXT STEP: POST SECONDARY SUCCESS



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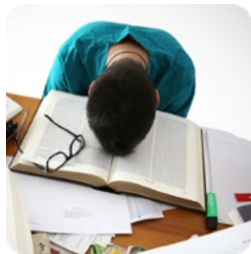
Level

Take it to the Next

Skills for Student Success Series

October 29th, 2020

Newt McCarty, *State 4-H Agent, Aggie Next Step and Youth Development*
Dr. Laura Bittner, *Interim 4-H and Youth Development Dept. Head*



The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

Series Overview

~~October 1st: Personal Responsibility~~

~~October 8th: Study Skills~~

~~October 15th: Goal Setting~~

~~October 22nd: Organizational &
Time Management Skills~~

→ October 29th: Positivity

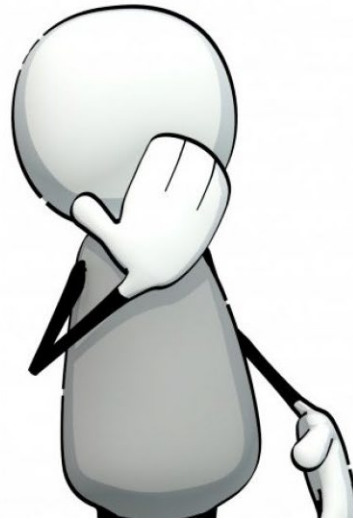
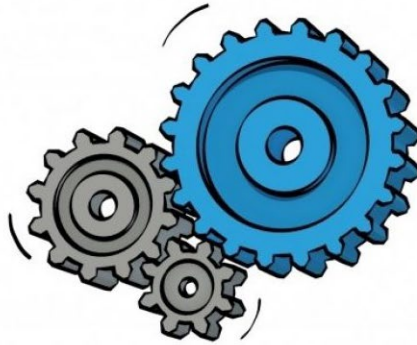


Positivity

- Our goal for tonight is to learn to celebrate all that's good in what can seem like a very challenging world.



What do you already know?



Optimism vs. Positivity

Optimism assumes everything will work out alright. (Mindset)

- See the glass as half full instead of half empty.
- When life hands you lemons, make lemonade.
- Things have a way of working out for the best.
- There is light at the end of the tunnel.
- Every cloud has a silver lining.
- Keep your chin up.



“Aw, come on! It’s only a drop of rain!”

Optimism

“Optimism is the most important human trait, because it allows us to evolve our ideas, to improve our situation, and to hope for a better tomorrow.”

– Seth Godin

Optimism vs. Positivity

Positivity is an attitude you choose. (Reaction)

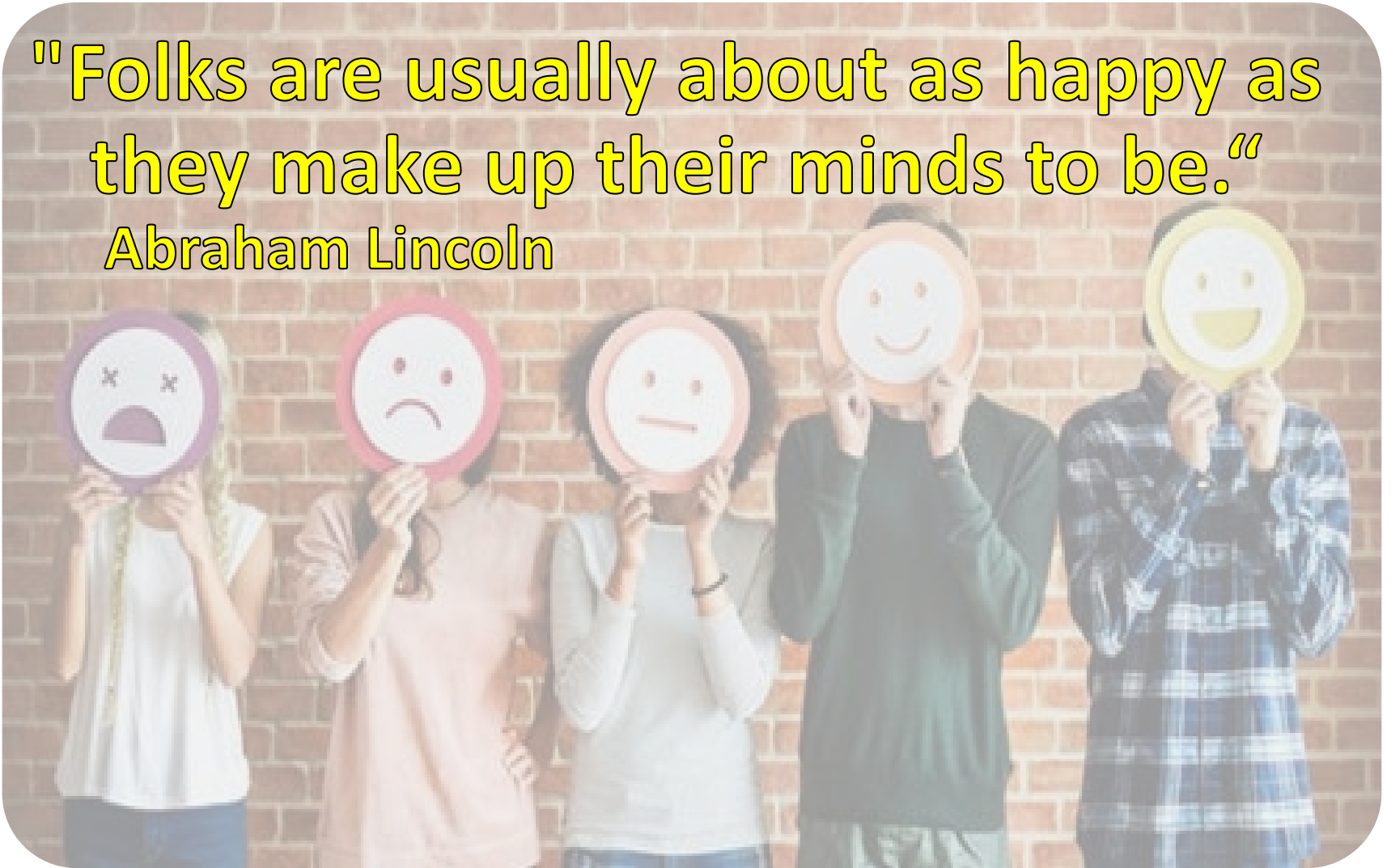
- I can do this
- I am fully capable of handling this
- I have much to offer
- I get better each day
- I have much to be proud of
- I control my reactions
- I will succeed
- I can overcome this



Positivity

"Folks are usually about as happy as they make up their minds to be."

Abraham Lincoln



Stay Positive? Really?

Why can it be hard to stay positive?

- Family relationships
- Disappointments in friendships
- Academic or career disappointments
- Health issues
- Financial crises
- Pandemic



10 Practices for Positivity

1 Embrace Adversity

You are a STRONG person who can handle anything thrown your way. You've already survived 100% of the worst days you've experienced.

#2 Avoid the blame game

Your thoughts plus your choices affect your life. Take responsibility for whatever you can!

#3 Be the victor, not the victim

Choose what you want to become, not what happened to you.

10 Practices for Positivity

#4 Look for the opportunity

Every challenge has a positive opportunity ingrained deep inside and it's your choice to learn from it and GROW.

#5 Laugh

One of the quickest ways to diffuse negativity is to have a good laugh.

#6 Say Something Nice

It will change someone's day and yours!

#7 Find gratitude

Focus on what you have....not what you don't.

10 Practices for Positivity

#8 Connect to your vision

Review your goals and remind yourself why you set them. Your journey toward success is much greater enjoyed when you're positive.

#9 Get excited

Find a reason to celebrate. Turn up the radio, give someone a hug, jump around, or even scream out loud!

#10 Have a success partner

Find a successful person, or people, to be around and you'll quickly learn energetic synergy can be created to achieve maximum results.

Positivity

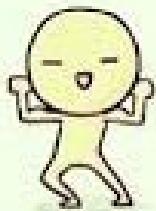


Benefits of Positivity

Positive Attitude



Better Health



healthy
body

+



healthy
mind

=



happy
life

Low Stress Life



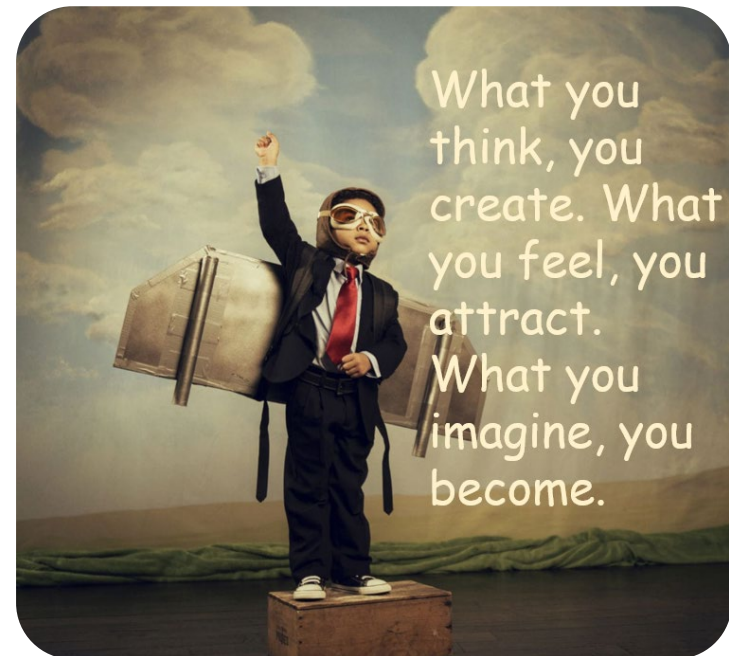
Benefits of Positivity

Stronger Relationships

Hang With Positive People



Become a Better You



What do you know now?



Final Thoughts

“Surround yourself with the dreamers and the doers, the believers, and thinkers, but most of all, surround yourself with those who see the greatness within you, even when you don’t see it yourself.”

– Edmund Lee






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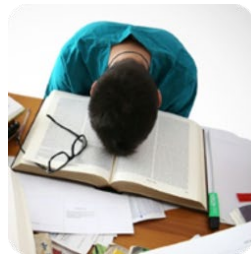
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