The majority of what we say informs our actions, because what we say is a result of what we think. There is such a thing as success language and failure language. As students, part of your success and or failure is directly related to how you think, act, and speak. There is power in words, so you should always try to speak words that lead to success.

The following activity takes common failure statements that we all make in the face of a challenge and asks that you rewrite them as statements of success.

|  |  |
| --- | --- |
| **Statement of Failure** | **Statement of Success** |
| Ex. This is a dumb assignment. | Ex. *By doing this assignment I can practice discipline and focus.* |
| **Group 1** | |
| 1. These assignments are too easy for me. |  |
| 1. I would rather be somewhere else than in class. |  |
| 1. I don’t know why I am in college. |  |
| 1. Other: |  |
| **Group 2** | |
| 1. My instructor doesn’t like me. |  |
| 1. I don’t have time for working on assignments. |  |
| 1. I hate to read. |  |
| 1. Other: |  |
| **Group 3** | |
| 1. I don’t need to turn in assignments on time. |  |
| 1. I don’t need any help with my college classes. |  |
| 1. This is too hard. |  |
| 1. Other: |  |
| **Group 4** | |
| 1. I don’t like my instructor. |  |
| 1. I don’t see the need for studying \_\_\_\_\_\_\_\_\_\_ (fill in the course name). |  |
| 1. I don’t need help with career planning. |  |
| 1. Other: |  |
| **Group 5** | |
| 1. I can’t learn. |  |
| 1. I’m just not good at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (fill in the blank). |  |
| 1. When will I ever use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (fill in the content)? |  |
| 1. Other: |  |

*Adapted from Baldwin & Moore*

*Success Strategies for Students of Color*