

COM 443

Mid-Term Paper Part 2

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What holds me back is sometimes I don't think straight on what decisions I need to make, and I fear the consequences I would have to face if I realize the decisions, I make are bad, so I freeze and don't do anything which I already know is bad. I also fear making mistakes or failing, like when I'm told there's something that sounds like I'm not doing well, I tend to break down, but I get my parents to help me. I even sometimes hit a roadblock and I can't find my way around it. It's like when I get stuck on a question I have to answer and I can't think of the right answer. I don't feel comfortable making things up; the truth is important to me. It would be the risk of losing self-confidence.

Some ideas I have to get these things right: write a to-do list based on my assignments and monitor it carefully, ask my parents for advice, contact my advisor, or go on the internet to look up how to deal with situations like those that hold me back. I should also collaborate with fellow students or coworkers that are working on the same or similar problems. That has worked well for me. I like classes with discussion boards - my classmates often give me ideas and inspiration. I have also found it helpful playing video games like Life is Strange, where I have decisions to make and telling me of the butterfly effect, meaning that any decision I make will have consequences. Life is Strange has helped me a bit with thinking through the implication of different decisions I might make so I can move forward, make a good choice, and face good consequences. That way I'll freeze less.

When I tense up, I also forget to eat, which makes me hyperglycemic and I can't think clearly. I make better decisions when I remember to eat. My parents tell me I should eat every 3 hours. After I get all those dealt with, I will keep succeeding and keep doing the right thing in the future. I will also have my attitude changed from thinking I'm not good enough to thinking of myself as "a bright, motivated and successful person." [1]

Source:

1. Singer, M. (2010). GET OUT OF YOUR WAY: Success is right behind you. Denver, CO: Outskirts Press.