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2015

Motivation and Performance, Blog 10

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UCI Class

<https://rampages.us/landonee/>

Eugenia Landon

Final Project
The power of self Control
start over again
Bike Race
Brain Killer

DAY1, UNIV291-035
PIECE OF MY MIND

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ARCHIVES

October 2015
September 2015

CATEGORIES

Day1
Day10

FINAL PROJECT, UNIV291-035
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Bike Race Class 2015VCU

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Thank You For Watching!!!

<https://youtu.be/68XKgofv53k>

DAY6, UNIV291-035

THE POWER OF SELF CONTROL

IMAGE SEPTEMBER 28, 2015 LEAVE A COMMENT



The power of self-control.

by Geena

When talking about self-control most people can make lists of things that they might not be able to control. The mind is a powerful tool which can be trained in having self-control. Someone who does not have self-control is probably not a very happy guy. Most of us have mortal sins that we live by which help us with some of the self-control. But some things are hard to have self-control over because it's just not something we have worked on.

Some ways to have self-control is to stop and think if that's such a great idea. I remember my parents and teacher say think before you act or say something that might get you into trouble. If you just took the time to stop and think you might have saved yourself from doing something really bad. One of my goals is to get in shape, so I have to think about what is going into my body. Should I eat an apple or a Big Mac from McDonald's. Making that choice can be hard depending where my self-control level is at. If I eat the Big Mac I will have to walk more that day but having self-control will allow you to make better decisions.

Another way to practice self-control is by praising yourself after you have put effort into having self-control. Maybe you have that cookie you said that you wouldn't eat, but that after you practice self-control. Positive correlation with self-control will help you be successful in staying away from things that are not so good for your well being. I really think that having a positive mind-set is the way we should live our lives because it will make us better people and have more self-control. It will help us feel accomplished which will help not have ego depletion in our lives.

DAY5, UNIV291-035

START OVER AGAIN

SEPTEMBER 28, 2015 [LEAVE A COMMENT](#)

By Geena

Blog 5

The places I experience ego depletion most would be watching television instead of going to bed or doing my homework. I might go into, saying I will watch it for thirty minutes and then go study, but what ends up happening is that my self-control and willpower start going away because I might of gotten into something really good that I might be interested in.

The reason mainly for this is after a long day at work or at school. I have the right intention of studying or going to bed on time, but with ego depletion after all that work makes my willpower and self-control go down to level zero or two. When this happens, I start feeling anxiety take over and I defiantly cannot do what I intended to do. I am the type of person who likes to be in control but when ego depletion takes over I cannot turn it around.

Another big this that happens to me, which causes ego depletion is when I fall behind on things. I start feeling like I cannot catch up or finish what I started. Which then make other thing fall behind, just think of it like a domino effect. I just can't seem to get anything done or get motivated to do anything because I feel like I have already fail.

I have found it helpful to just go to sleep and see if the feeling goes away. So that way I can motivate myself to finish the task I had started. One thing about doing these assignments or blogs, it is very easy to get behind, which happened to me. My uncle had a stroke Sunday, I did my Saturday's blog, but after that I just lost self-control and the willpower to do these blogs. My mind was not about this class, but my uncle's health. I got behind and that's why if you guys are reading this blog now. The way I got motivation to finish this course is by getting the courage to admit my fault and start over again.

Sometimes with ego depletion you just need to start fresh because it the only way to get back self-control and the willpower to do the task. The best way to prevent ego depletion is to set limits for yourself. I am very bad about setting limits and do things that most people cannot do all at once. In the book willpower it talks about setting realistic goals, which is your best way not to get ego depleted.

DAY10, UNIV291-035

BIKE RACE

SEPTEMBER 28, 2015 [LEAVE A COMMENT](#)

By Geena

Blog 10

For my final project, I will be talking about willpower and how it affects my life and how I can improve my self control. Mainly I will talk about the bike race, which I got to meet some great people and the Mongolian bike racer and how I felt about what happened to him. I also would like to talk about how I felt seeing the race being and what I learned from Jeff. I really did not think it would make me somewhat emotional, but it really did. Seeing all of these pro-bike riders from different countries was so cool. I think it is a great realization of what America is and who lives here. America is a big mixing bowl and people can really relate in some way because they have ancestor from some of the countries that were in the bike race.

I am doing a video of myself speaking because I really do not like to write. Having ADHD really makes writing very difficult because your mind is going one hundred miles per hour and I can only type, but so fast. I want people to learn from my video and who I am as a person and how I feel in today's society. I also want to say how this class affected my way of thinking about things.

DAY4, UNIV291-035

BRAIN KILLER

SEPTEMBER 23, 2015 [3 COMMENTS](#)

By Geena

Decisions, decisions, decision? How to start this blog is a decision, what I will do after the blog is finished is a decision. We make decision every minute of the day. Some decision are easy, some are more challenging, but the question is can it cause you to get tired and the answer is yes. Most of student at VCU have to use their brains for one thing or another and at the end of the day we are tired. I know when I have been in the library studying or doing homework for a long time, I get up and literally say my brain is dead. Why is that? Because using your brain takes energy, just like exercising. They have studies saying that brain depletion is worse than drunk driving. When I leave VCU to go home I am defiantly worse off because I can hardly pay attention to the road. ***I want to get some input about what should we do about this and how to spread the word?***

Since Richmond is hosting the UCI bike race we are going to talk about decision they have to make and how it relates to what was said in the book Willpower. I love the cookie experiment mentioned in the book, about how if the child didn't eat the cookie, he would get another one

after a certain time. This brings me to when I played basketball and would use all of my energy for sprints not know that the coach would make us do more after what he had said. I would not anticipate more sprint, which would make me not be able to do more sprints (short fast running). In the past I also didn't anticipate, which would always screw me up. I give all my energy all at once and then didn't have any more to give later. Now, that I am in college I have learned to anticipate for something else to happen, which to me is called anxiety or in the book (the beeper experiment). I see life as a big chess game where you need to have several moves head before it actually happens. With the UCI Pro biker they have plans or anticipating thing that might go wrong. They also plan and practice for the different obstacles that might face them ahead, which allows them to be good at what they do. That anticipating can drain you because it fatigues your brain of energy waiting for something to happen.

DAY3, UNIV291-035

THE VERY IMPORTANT LISTS

SEPTEMBER 23, 2015 [LEAVE A COMMENT](#)

By Geena Landon

If this chapter does not describe my life, then I don't know what does. To do lists and how to really make them useful. I make lists all the time, from grocery to cleaning and traveling. I have had ADHD since I was in the fourth grade, when it comes to lists I would say I am a pro. When I know I have a lot of things to do. I will make a list, so that I don't forget anything. I try to make my list in the order that it needs to be done, which will help you stay on track because as an ADHD person we get off track as easily as a scratched disk. One big thing the book Willpower says is to cross the things you have done off. This will give you the power of control in your life. I personally love this part. It's like getting candy after finishing your homework in grade school. Traveling is another list that getting pretty large. I put every bit of what is coming with me on that list. You would be surprised, how many people forget things, if they don't put it on the list and say they will remember it. Examples would be phone and wallet.

With cleaning my apartment I break it down in to all of the rooms and what I want to be done in those rooms. I will give you an example: Bathroom-sink, toilet, bathtub, dust cabinets, clean counter, mirrors, and sweep floor then wash. That is how detailed my list would be just for one room. Instead of think of the big picture, which to most people is difficult, think of it as a small task. You don't have to finish you whole apartment that day, but you know you did one room very well. I call this, steps for a task. Willpower also talks about completing thing individually because your mind is not made to comprehend all of that at once or keep track of things. If you make it simple (write down like you are telling your children what exactly to do) you will not be stressed, while doing the task because it right there in front of you.

DAY2, UNIV291-035

MOTIVATION

SEPTEMBER 23, 2015 [LEAVE A COMMENT](#)

Geena Landon

Motivation

The goals that I have set for myself are mainly autonomous, but not all of them. Trying to get in shape is very controlled because I want for people to see me a certain way. If I am in the gym running people will think I might like to be in shape. That does not mean I always am running or even like to run. I have a lot of muscle but the scale tells me I am over weight.

I saw an article in the sports magazine where it showed a woman throwing a shot-put. She was not a model, but she was in shape. That's would I want to look like. I know I will never be a size two but will still be happy with my body. Getting in shape is one of my main goals because I was on depression medicine which made me gain a lot of weight. I am not off and doing great but my body has really changed. That's why you should never judge someone for their weight because you never know what they have gone through to get that big.

Flow is when you can make a hard thing easy. Explain what be running and listening to music. Music help regulate your heart rate and helps you forget about running, which is not my most favorite activity. When I listen to music it helps me forget what feeling I might be in. If I am having a sad day and start listening to up-beat songs it really changes my mood, for the better. I like to chew gum because it helps me concentrate especially when I am studying for a big exam. I also like to watch television while I clean or organize my apartment and also cooking which is sometimes very long, especially the preparing part.