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Motivation and Performance, Blog 7

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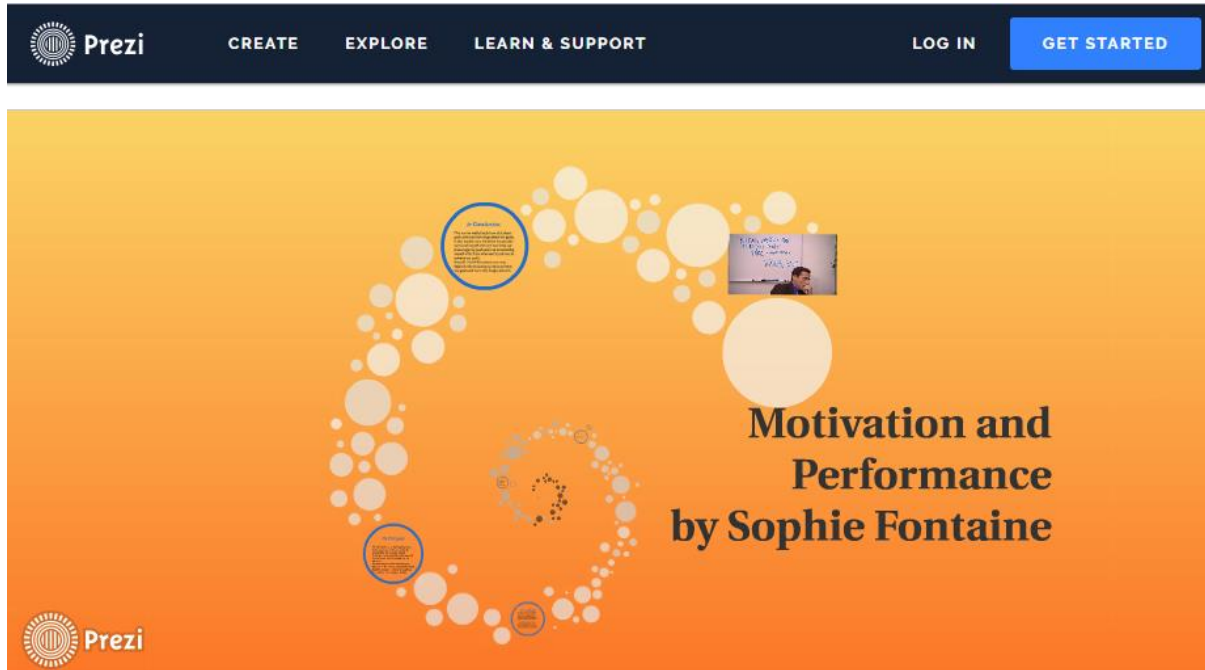
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Sophie Fontaine



FINAL PROJECT!

OCTOBER 2, 2015 LEAVE A COMMENT

http://prezi.com/vbaonve0fxx_/?utm_campaign=share&utm_medium=copy

Here is my final project! I hope you enjoy it!

DAY 10

SEPTEMBER 28, 2015 1 COMMENT

My name is Sophie and some of my goals are to treat other with more respect, start reading, and working harder with my school work and becoming better at time management.

This class has really opened my eyes to how many goals I really have. I think that is one of my main topics for my final project. While those goals up there are the ones I started this class out with, I realize there are so many other goals I want to accomplish and narrowing down my goals. For example, one of my goals is to treat people with more respect, and during this class I have realized how extensively I want this goal to go. I want to stop talking about people behind their backs, stop judging people, and really live out treating others the way I want to be treated. For

my goal to start reading, I have begun reading one book every week, usually for pleasure, while this goal was originally just to read my text books more.

For the project itself, I plan on it just being a video of myself. I could not think of anything really more creative than that so if there is anyone who is super creative here, help me out with a better idea. I was thinking of throwing in some quotes too that motivate me to do all of my goals in hopes that they will help other people struggling with motivation for their goals.

DAY 9

SEPTEMBER 27, 2015 1 COMMENT

My name is Sophie and some of my goals are to treat other with more respect, start reading, and working harder with my school work and becoming better at time management.

This chapter was so interesting to me! The first thing that really was insightful was when Stanley discovered that virtue takes time. I also was very envious that his conscious wouldn't allow him to waste his time because he would not allow anything to interfere with his goal. I need that sort of self-control and willpower when it comes to my goal of time management. Something else that gave me insight was the hot-cold empathy gap. I had never thought about how it is so easy to say you will stop doing something or do something differently while you are not actually in that situation, and then once you are in the situation, you end up doing that thing you said you would stop or you acted the same way you have in the past. I especially enjoyed the Oreo story and how it was so easy for the people to denounce the mom's decision, yet they actively participated in the act once they wanted the Oreos.

This chapter also gave me a good insight on the limit of willpower. The chapter said that while it may be human's greatest strength, you should not rely on it at all times.

This chapter talking about pre-commitment also really opened my eyes to how badly do I really want to achieve my goals. If I really want to get better grades, I need to lock myself into a path that frowns upon me wasting time on the internet or talking to my friends when I should be studying. While those temptations will be all around and my willpower will weaken the more and more I am tempted, I need to train myself to say that I need to stay focused. Also, after reading the example of the smokers and their bank accounts, I realize if I work hard enough to stop getting distracted while I work on homework and study, it will hopefully turn from a pre-commitment into a habit.

Another topic that was very insightful for me was that self-control is not used on controllable behaviors, like Stanley and his shaving. If I start using my self-control to make studying a little bit everyday, it will eventually become a habit and will require less effort for me.

While reading the last few sections of this chapter, I noticed it talked a lot about distracting yourself from pain and suffering. I think while that makes sense, it does not really apply to the goals I have set for myself in this class specifically. However, I do think distracting yourself

when you are stressed or upset is a very good thing and that is definitely something I need to work on.

DAY 8

SEPTEMBER 26, 2015 1 COMMENT

My name is Sophie and some of my goals are to treat other with more respect, fight for those who do not have the same rights as me, start reading and working harder with my school work and becoming better at time management. The goals that I have set for myself are goals that I have had in a while. My mom is actually the one who told me that one of my goals should be to treat people with more respect, because I am so guilty of pushing people around sometimes when I am in a bad mood and it is not healthy for relationships. She was also the one who encourages me time and time again to work on my time management skills because she has been around my ADHD too long to not encourage me to work on that. My boyfriend and good friends also really encourage me to work on fighting for those who do not have the same rights as us. We have all realized how lucky we are to be college students, and so many other things that make us lucky, that we want to help those who cannot help themselves.

I do think there are many cases in which friends can hinder your goals, like the smoking example. I think the one goal that my friends hinder the most is time management. While some of the time it is not intentional, there are many times in which my friends and me will be studying in the library and if one of them gets distracted, we all get distracted. I am the worst at staying focused at something if no one else is. It gets very difficult to study with my friends as well because I am a pretty social person so if I see someone I know in the library or out where I'm trying to study, it is so difficult for me to just quickly say hi and then return to my work.

I think that both these hinderances are easy to fix if I really want to fix them, which I do. I think one thing I need to do better is to not go to the library in groups when I know I have things I need to get done. Another way to fix this problem is to go to the third and fourth floor of the library and study, that way I don't have to talk to people and the silence will encourage me to continue working on whatever I am doing. I think a way I can maximize these situations, however, is to go to the library with friends who are taking similar classes or have taken classes I am working on in the past and use them to ask questions and ask for help if I am confused on a concept.

COMPETITION AND COOPERATION – DAY 7

SEPTEMBER 25, 2015 3 COMMENTS

My name is Sophie and some of my goals are to treat other with more respect, fight for those who do not have the same rights as me, start reading and working harder with my school work and becoming better at time management.

I have grown up to be a relatively competitive person. I think it began when I was in elementary school and I began participating in competitive cheerleading competitions and began working very hard about something I am very passionate about. I still remember my first competition and winning and it felt so amazing. I loved the feeling of a trophy and knowing my team and me were the best.

Competition is defined as “a contest between organisms, animals, individuals, groups, etc., for territory, a niche, or a location of resources, for resources and goods, mates, for prestige, recognition, awards, or group or social status, for leadership.” Sigmund Freud believed that competition is the royal road to success. Competition is used by the school system, parents, and other aspects of lives today, and it is believed that competition is not the best. It is believed that too much emphasis is placed on competition, which causes it to become unabated. It is also thought that competition has negative effects on both your physical and mental health.

Cooperation, on the other hand, is known as “the process of working together to the same end.” Cooperation is believed to be much more effective than competition, even though it is so under-taught and learned. Cooperation is believed to bring out the best in us. It not only creates a more fluid leadership and gives people a positive outlook on their environment, but also allows everyone to become a leader and participate without fear of being censored or feeling dumb. Cooperation is also proven to help people with any psychological health problems better than those who are more competitive.

When it comes to goals, I think both competition and cooperation come into play. I often feel more motivated by competition to get my goals accomplished because, as most of us are raised, we want to be the best at everything we do. While researching these topics though, I realized, why can only one person be the best? Why can't multiple people just be really good at what they're working on? While I realize that competition is a part of life, like in the job market, it should not be the sole motivator to get our goals done. I think I need to use cooperation a lot more in my goals, considering so many of them I really could not do on my own, like fight for rights for those who do not have them.

When it comes to the bike race, I think both competition and cooperation are involved. Competition, mostly, because these cyclists have trained tirelessly to get to that finish line and become the best in the world. Cooperation also comes into play because these people have come to represent their countries and where they are proud to call home, and they come with their teams. It should be a victory for the racers if someone on their team wins a race and they don't because at least what they are there for is being recognized for something good.

DAY 6

SEPTEMBER 24, 2015 [LEAVE A COMMENT](#)

My name is Sophie and some of my goals are to treat other with more respect, fight for those who do not have the same rights as me, start reading and working harder with my school work and becoming better at time management. Chapter six really made me think a lot about working on my skills with time management and school work because of David Blaine's endurance.

One quote I really liked was when David Blaine said "Getting your brain wired into little goals and achieving them, that help you achieve the bigger things you shouldn't be able to do. It's not just practicing the specific thing. It's always making things more difficult than they should be, and never falling short, so that you have that extra reserve, that tank, so you know you can always go further than your goal. For me that's what discipline is. It's repetition and practice." I thought that was also a good quote for my goals of fighting for those who do not have the same rights as me. While that is a good goal, I really need to go beyond just that. I need to start planning, finding those specific groups that need their rights to be fought for, and getting involved.

When it comes to specific methods, I really enjoyed reading about the experiment in chapter six about the group of people who had fitness goals, money goals, and school work goals. I really think I need to start making a plan and accounting for my time that I spend with other commitments in order for me to make an adequate schedule to study. Making that plan will also make me account for times I will need to go to the gym and work out which is also something I really need to work on. Also, this chapter talked about how people cannot just will themselves to feel things like love or joy or guilt. Sometimes I feel like I need to have control of my emotions, especially when it comes to studying. And with the study about the participants that worked on their slouching and that in return helped them in other areas of my life made me really think about my posture and other small habits I can fix. Other habits I have to fix are saying like and so and yeah a lot and so this chapter made me think about as well. I feel if I were to work on my language habits, it would really help me with learning more and becoming more educated.

The last quote in this chapter that really helped me was that "as long as you were motivated to do some kind of exercise, your overall willpower could improve, at least over the course of the experiment." This made me really want to be more motivated. I feel like motivation is the one thing that gets you do to everything, because it really is, it just depends on how motivated. The more motivated I am for something, not only do I get it done, but I also do a better job at what I am trying to accomplish.

DAY 5

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

My name is Sophie and some of my goals are to treat other with more respect, fight for those who do not have the same rights as me, start reading and working harder with my school work and becoming better at time management. Ego depletion was defined by Baumeister as "describing people's diminished capacity to regulate their thoughts, feelings, and actions." Ego depletion causes your willpower to diminish and your cravings stronger than ever.

I think one activity where I experience ego depletion is when I sit down and study for a long period of time. As more time goes on, I start getting more and more stressed out and it causes me to become more and more distracted because I have over-exhausted myself from just sitting there and trying to learn this material. Once I get really stressed out, I start to get very emotional and frustrated and I eventually start tearing myself down. I start telling myself that I'm stupid and going nowhere in my life which causes me to want to give up since I already think these things about myself I feel like I need to give up and give in to these thoughts. Since working harder in school and time management are two of my goals, it is obvious why this is a dilemma for me. I think in this case, I can recover from ego depletion by taking a break when I start to stress myself out. Another way I can recover from ego depletion is telling myself that what I am telling myself isn't true and being more positive about myself. I have always had terrible self-confidence issues, so I really need to work on those issues so that it can help me recover from ego-depletion. I think one way for me to prevent ego depletion for this goal of mine is to start planning farther in advance for big projects and tests and spreading my studying time out farther. I think another way is to actually start working on stopping being so negative to myself in other aspects of my life so that, even if I am stressed out, I won't talk down to myself and instead be encouraging to myself and push myself.

I think another activity where I experience ego depletion is when I get lazy. It probably sounds weird to say that, but I really think that is another area in which I experience ego depletion. When I get lazy, I start to feel really terrible about myself for not being more productive, which causes me to become very emotional. Once I start getting really emotional, I lose my sense of drive and end up not even trying to do something productive which just puts me in a whirlwind of emotions. I think one way I can stop this is to simply space my assignments out so that I really don't have time to be lazy. I think another thing I can do is allow myself short spans of free time so I am not always doing something, but I feel rewarded when I can relax and just watch T.V. because I completed a task so I earned it.

SUSTAINED EFFORT – DAY 4

SEPTEMBER 22, 2015 [LEAVE A COMMENT](#)

My name is Sophie and some of my goals are to treat other with more respect, fight for those who do not have the same rights as me, start reading and working harder with my school work and becoming better at time management. My goal of time management will benefit from this section. Not only will having the information of how I'm spending my time be helpful in achieving that goal but also knowing how I spend my time when I study for tests and do school work. I get very distracted so I think if I timed how much time I spend actually studying versus when I just goof off, it would be a big wakeup call to me to work harder and try to focus on my school work and studying more. When it comes to our personal best guesses, they are usually wrong compared to objective data for a few reasons. The biggest one being that when we view something about ourselves, we will put it in a light that makes us look or feel better to ourselves. When there is objective data about us, it tells us what was observed with no bias. Another problem with our best guesses is that we may not notice we are doing something or we are doing something more often than we realize and so objective data will give the facts. For example, if you are trying to study, but you go on Netflix, you may not think it was that long of a time or that much of a distraction. Objective data, however, could tell you that you were on Netflix for three

hours and that could be a big wake up call for you, because you didn't realize how quickly that time went by, almost like it was a flow activity. I feel like objective data also helps in keeping tracks of training for sports. Professional cyclists use something called Big Data analytics. Analytics helps cyclists track their training and has a huge role in their performance and how critics view the cyclists. It also is objective, because while a cyclist may believe he or she had a really good time for their distance, the objective data may say otherwise.

MOTIVATION – DAY 3

SEPTEMBER 21, 2015 [LEAVE A COMMENT](#)

The first thing that I noticed in the chapter was where it said that the “first step in self-control is to set a clear goal” and it continued to talk about self-regulation, which was one of my bottom five strengths on the personality test, so that section really stood out to me. I think one thing from this section is that I am going to do more research on the things I want to change and why they are not good for me before I start to change so I am more motivated to change. Reading about the conflicting goals, I really did not think my goals related to that for my most recent goals, but I know in the past I have had some conflicting goals and did feel all the things it talked about. Something else this chapter made me think a lot about was focusing on my long-term goals, because it helped people with whatever they were doing at that time in their life. If I think more and more about what I want to do in the future with my future career, I think I will be more motivated in school and working harder in life. I also was surprised that day-to-day lists were the least helpful because I make lists for everything I do, so maybe if I start planning farther in advance it will be easier and easier to accomplish my goals. When it came to the Allen story, I related so much. I am so easily distracted and so easily stressed so seeing his research on what will make you more productive, like having a list and the materials necessary really inspired me to want to do more preparation for when I have work to do. Seeing not only to have a to do list but also to have a plan as to how to go about my tasks because I never do that and I think that will really help me to stress less.

MOTIVATION- DAY 2

SEPTEMBER 20, 2015 [LEAVE A COMMENT](#)

I believe that my motivations for my goals are more autonomous, but also a little bit controlled. My goals, like becoming more involved in justice for those who do not receive it, seems more autonomous because it will feel more rewarding to help other. However, my goal to become better at self-regulating seems to be more controlled, because becoming more regulating of my time means I can get better grades, achieve more goals I didn't realize I even wanted to accomplish, and more, and all this results in me having more self-esteem, and could mean I can be more approving of myself. I believe that my goals involve autonomy, relatedness, and competence because our culture is very big on trying to help those in need and I think that that is partially why I am motivated to do work harder on justice for others. I would hope that my goals involve these fundamental needs because most of my goals relate to helping others.

When it comes to flow experiences, the first two things that come to my mind are listening to music and practicing cheer. I have always had a passion for music, old music, new music, underground music, and so much more. I can spend hour after hour researching new artists and songs and could look at the clock and realize that I have been doing it for 5 hours and I don't regret it at all. When it comes to cheer, I have cheered since I was in elementary school and it is my escape. When I work on my skills, I don't think about anything but pushing myself and getting better at what I am trying to do. Hours pass so quickly when I practice that I wish I could always be cheering, but that would take away from the passion, wouldn't it? I think that these insights guide my goals because I want helping people and working hard on things not involving just cheer and music to be a flow activity for me.

INSPIRATION – DAY 1

SEPTEMBER 19, 2015 [LEAVE A COMMENT](#)

My top five strengths were kindness, humor, honesty, fairness, and love. Seeing that these were my top five were not super surprising because the people closest to me often tell me that I am kind and have a good sense of humor and am very loving. One thing that I am glad about was that kindness is one of my strengths because I really want to work on how I treat others. However, seeing honesty and fairness surprised me. It was interesting to me that fairness was one of my strengths because one of my goals is to start to fight for justice for those who are not treated equally. What surprised me more were my bottom five strengths, which were bravery, love of learning, humility, self-regulation, and perspective. One of my goals that I need a better sense of self control and self-regulation, especially when it comes to school work. That also involves a love of learning, because another goal of mine is to start appreciating literature more, because I cannot focus on reading for the life of me (thanks, ADHD).

I read through the heroes blog and immediately went to the activist heroes section, because I am very interested in human rights. I saw Ellen DeGeneres and got super excited because I look up to her for so many reasons, but her post had to be removed due to their book coming out. One profile that really interested me was about Myriam Merlet. I had never heard of her but reading about her because she was a women's rights activist in Haiti, but tragically died in the Haitian earthquake when she was 53. Next, I came across Emma Watson, one of my personal heroes. I love her work with the UN and HeforShe. I am very involved in women's rights movement and one of my goals is to become more and more involved, and I have already began working on that goal, by joining clubs. Another person I came across was Michael J. Fox and his battle with a neurological disease, Parkinson's. This profile really hit me because, as a psychology major, I am very interested in neurological diseases and cures for them so reading his story is very important to me. This also ties in with a very long term goal of mine, which is to become a therapist for those affected by disease and so reading his story really inspires me. Lastly, the celebrity profile that really inspired me was Jimmy Fallon's. He has consistently been one of my favorite comedians and his profile was about how humble he is. This really inspired me, since one of my lower ranked goals was humility. I am really pushed to become a more humble person.