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2015

## Motivation and Performance, Blog 9

Victoria Johnson

*Virginia Commonwealth University*



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# Motivation To Pass This Class

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

Victoria Johnson



UNIV291-035

## THIS IS THE END OF THE ROAD...

OCTOBER 5, 2015 LEAVE A COMMENT

Final Project:

<https://drive.google.com/open?id=0BwDnbUFKowSwWlh0cXdRWFJ3V3o5aG9rUGJyckh4cE5HbEJR>

DAY10, UNCATEGORIZED, UNIV291-035

## BLOG LOG 33:53

SEPTEMBER 29, 2015 4 COMMENTS

I have learned a lot in this class that has helped me to achieve my goal of a 10K (although I will still try and cut down my time of 33:53) and will help me achieve others such as a half-marathon.

A few points that I will talk about in my final project are:

- Self-control can be helped (short-term) by glucose, so now when I'm feeling down I eat a piece of chocolate before I go to the gym.

- Regulating my sleep schedule will help prevent ego-depletion, my sleeping habits have been very sporadic since I started school.
- Using little goals help me accomplish my bigger goals, I'm using my 10K as a stepping stone to reach my goal of running a half-marathon.
- Creating a schedule to help me be more productive, using a training schedule to make my goals in a set time will make me more productive and hold me responsible for getting what I'm assigned that day done.

For my final project I want to create a jing and maybe add a short video of myself. I decided to make a jing since I loved it when my teachers had done it in the past. I have never personally used jing, but I think I'll be able to get the hang of it.

The screenshot shows the MileStat.com website interface. At the top, there is a navigation menu with links for LOGIN, RESULTS, RANKINGS, INSIDER, CALENDAR, VIDEOS, PHOTOS, NEWS, TEAMS, and DISCUSS. Below the navigation is a banner for 'MileSplit Insider' with a 'JOIN NOW' button and links to 'H.S Track & Field Stats', 'Athlete Rankings & Profiles', and 'Virtual Meets'. The main content area features a user profile for 'VICTORIA JOHNSON' from 'Matoaca High School', 'Class of 2015', 'Chesterfield, VA, USA'. The profile includes a 'Personal Records' section with the following data: 800m (m) - 3:02.93, 5K (m) - 31:50.32, and Discus - 66-1. It also shows 'Total Results' as 4 and 'Total Events' as 3. There are buttons for 'Is this you?', 'Follow', 'Search for Athlete', and 'Compare Athletes'.

DAY9, UNCATEGORIZED, UNIV291-035

## SETBACKS TO OVERCOME

SEPTEMBER 28, 2015 1 COMMENT

After reading chapter seven in *Willpower* I realized I have been a victim of the hot-cold empathy gap many times, especially when it comes to healthy eating; it is easy to say I will stop drinking sweet tea and go to unsweet tea or stop snacking on cookies with a can of frosting and eat carrots instead, but when it is time to back up my words with actions I fail. Self-control is easier in some aspects of my life than others; it's hard to put down my phone while doing work even though I know it's a distraction, but easy to follow through on finishing my goals in the gym and not leaving to go hang out with friends. I run to distract myself from stress and pain, which will help me with my goals of running a 10K and a half-marathon, it takes me to nirvana. I have hurt myself before by running through the pain; last year I ended up on crutches for a few weeks after I could not walk when I messed up my posterior tibial tendon, it was a major setback since it happened during cross country season and I wasn't able to run again until regionals. Now if I had listened to others and stopped running when it first occurred I would have just had physical therapy and missed two meets; instead I was on crutches for three weeks, was not able to run for eight weeks, and had four months of physical therapy missing most of the season including conference. Although I was not cleared by my doctor I told myself I had to run regionals, so we could finish out varsity team of seven; I hadn't ran in eight weeks, but I would push through to get the best time I could to help out my team. Finishing with a time of 31:50 was a bit disheartening, even though I did not expect to go run the 5K in 19 minutes flat. Having gone through this setback before, I now know what to look for and how to deal with it.

DAY8, UNIV291-035

# DAY8

SEPTEMBER 27, 2015 5 COMMENTS

My goal of running a 10K and a half-marathon is no easy task, that's why I reached out to others to help me train to reach my goals. When I first told my mom about it she was worried, because last cross country season I was injured from long distance running, she even made me go talk to my physical therapists about running. After I told my physical therapists about my goals he set me up with insoles that should help my posterior tibial tendon from re-injuring it. I've been training with my old cross country team, practicing with them has helped push me further than I could've imagined doing on my own. The two coaches have helped me with my form and given me tips to improve myself; running with my old teammates has been fun we push each other farther and like to race each other to have bragging rights. We are all family now, we like to take this one trail that's seven miles and at the end we come across this dam where we like to swim and hang out. Although most of my close friends don't really understand why I run and workout, they still understand my decision in trying to be healthy and active. My friends can sometimes get in the way of my training or going to the gym when they want to hang out with me, they have gotten upset in the past if I don't have time for them with my schedule but most of them have come to understand this. Those who didn't come to understand my schedule I stopped talking to; I do miss them, but I don't miss the arguments. My decision to keep away the negative vibes helped me appreciate the positive ones even more than before.

DAY7, UNIV291-035

# COOPERATE IN THIS COMPETITION

SEPTEMBER 26, 2015 6 COMMENTS

This is Victoria and my goals are running a 10K and a half-marathon.

In *COMPETITION VS. COOPERATION*, Perry W. Buffington, Ph.D. talks about how cooperation tends to be a good thing and that it can create something similar to a runner's high. I experience a runner's high, where I feel like my problems can't touch me, almost whenever I run; whereas cooperative individuals, get a sense of "calmness or sense of freedom of stress," when they work in teams or with a partner towards a common goal.

David Sarnoff said, "competition brings out the best in products and the worst in people," I highly agree with this; competitions have the tendency to make people poor sports. In high school softball had some wild moments ranging from coaches being ejected from the game, to initially kicking the other team's players in the ankles and shins, and mowing them down if they're in the baseline; running wasn't so bad except when you get the occasional spike or elbow thrown from an overzealous competitor. Did we still win? Yes, so the wins were a good product but it cost self respect when looked upon later.

Cooperation mixed with competition may bring out the best in team work, all working towards one goal and doing your best at it. Cyclists, like the cars in NASCAR, use drafting to make slight gains in speed; cyclists draft together as a team to reduce wind resistance (they even take turns on who is in front,) while the car's draft to help their team members get clean air instead of turbulence. Cycling is different from most sports, all of the team members work together in order to ensure that the team's leader or captain crosses the finish line first; so instead of the whole

team winning for their collaboration of effort, one man will win and this teammates will receive credit in his award acceptance speech.

DAY6, UNIV291-035

## IN IT FOR THE LONG RUN...

SEPTEMBER 25, 2015 6 COMMENTS

To strengthen my willpower I will start by setting up little goals and using them as a stepping stone path to my main goals of running a 10K and a half-marathon. During my workouts I will stop answering my phone; when I look at my phone my pace slows down, sometimes significantly. I have decided to focus on accomplishing a 10K before I move onto the half-marathon. To focus on my 10K pace I need to break it down into 4 parts; my opening pace for the first mile, kicking it up to finish the first half, pushing through around the fourth mile until right before the sixth mile, and the sprinting finish (maybe a half mile.) I can focus on finding strong opening pace that will still allow me to be able to pick up my speed after the first mile. Right now my opening mile pace is 6:20, then for the next two miles I pick up the pace slightly to six flat. When I start pushing around the fourth mile my pace wavers; to find a set pace I am trying to repeat the first half of the 10K and making myself keep pace within a certain time frame for the third part. For my finishing sprint I'm happy with it; I am a strong sprinter from track and I am already used to sprinting after a long run from cross country.

As for exercising my self-control, I shall working on it by starting to change my form when I run. First my arms need to not cross the center of my body, it used to be really bad, but since I began running cross country it has gotten better. Secondly my coach has been working with me lately to start picking up my knees higher while I run. This is all based around muscle memory, so over time I will not have to think about it as much and it will come to me naturally.

-Victoria

DAY5, UNIV291-035

## WOUNDED EGO

SEPTEMBER 24, 2015 6 COMMENTS

The state of ego depletion happens when your self-control or willpower is hindered since the energy from your mental resource pool had been used up earlier. Basically every decision that you make or don't make, the energy is pulled from one big pool of energy and when it runs out you need to replenish it. Glucose intake can actually affect your self-control; so having a candy bar before my softball game or track meet to help with my short-term goals of getting through the event. With sugar you can end up crashing, which is why sleep may be a better long-term solution.

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I tend to experience loss of self-control after I make myself stay up all night to finish an assignment without saving enough energy to actually go to class the next day; also I tend to binge eat when I try to control or suppress my emotions (i.e., not showing anger or sadness in front of my peers or people I respect.) Having games and meets after school was also hard on me since I would go through so much during the day and most of the time I was not able to go home and eat dinner before hand; playing while I am grumpy because of people at school and on top of

that being hungry, I constantly struggled and my coaches always told me I looked pissed at everyone and everything. I am a lifeguard which means I get to work mostly eight to ten and a half hours in the sun, but to make my days even better I get to give swim lessons to little kids four 45 minute sessions Tuesday through Thursday. When I am giving these swim lessons to little kids it wears me down physically and emotionally; being in the hot sun having to constantly watch them to make sure they don't go under and even having to do the lesson even if the child does not want to be there, all of this is done with no extra incentive for me.

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To prevent ego depletion, while I am trying to accomplish my goals of running a 10K and a half-marathon, I can make sure that I get at least six hours of sleep every night. I can also start eating breakfast that way I have a supply of energy to start off my day following it up by making sure I eat when I am hungry instead of pushing it off like I normally do; I should take a nap when I'm tired instead of trying to force myself to stay awake. Cut back on procrastinating, that way I am less stressed when projects are close to the due date and I have actually started on them.

-Victoria

DAY4, UNIV291-035

## LET'S GET FIT WITH A FITBIT!

SEPTEMBER 23, 2015 3 COMMENTS

Our best guesses may not be as good as we think they are; they can be clouded from false assumptions or even prejudiced by the outcome we want. In comparison to data where we can't make assumptions since the facts are laid out in front of us. This is a reason that I believe getting organized about collecting data to achieve any goals set is a must!

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With my goals of running a 10K and a half-marathon, collecting data and knowing how to organize it very important. I actually collect all my data from the different machine I use at the gym and categorize them in a spreadsheet; one category is everything added up by the day (the amount of miles, calories, etc.) and another category is adding up the data according to the type of machine (stair climber, elliptical, bike, etc.) A fitbit would be perfect for collecting information from my runs for me. While I do usually use a watch to time myself, it doesn't have the same capabilities of a fitbit a fitbit; which also takes my heart rate, distance, pace, elevation climbed, track steps taken, distance traveled, and even my calories burned. To be more productive I could look at each individual mile time to see how my time fluctuates after each mile I run and also compare it to any elevation differences to see if I need to train harder on hills. When looking up different tools online to help myself get organized I fell upon a common occurrence, why is it do we have to pay a membership fee to get organized? Although some were free, not all of them were.

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Professional cyclists use different tools to analyze their rides. They collect data on power output, heart rate(resting, maximum, and the data collected in between), and the relationship between the

two; also on pedal speed, pedal force, and the relationship between the two. With the data they collect they can use different websites or applications to read and chart the data.

-Victoria

CHAPTER 5 OPTION B

DAY3, UNIV291-035

## MOTIVATION TO MAKE A LIST AND CHECK IT TWICE

SEPTEMBER 21, 2015 4 COMMENTS

My name is Victoria and my main goal is to complete a 10K and a half-marathon. Starting off on this third blog I made a list, crossed off anything below two, and I will focus most of my effort on the top two things while training for now.

1. work on a comfortable slow pace
2. cross-train three days a week
3. ~~stop crossing my arms~~
4. ~~make sure blood sugar levels stay good~~
5. ~~cut out sodas and drink less tea/coffee~~

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Using Allen's tickler file system I can get my school work done more productively by cutting out a lot of my procrastination, so I can have more time to train and also not feel bad about skipping assignment. The two-minute rule will come in handy when it comes to me stretching, even when I did sports in high school I was never one to stretch even though it really took no time at all; a few people that I've talked to that have done marathons before told me how stretching is really important for your muscles especially with long distance running. At the end of the third chapter at the point *Zero Euphoria* it is said, "Two messes at a time, you're screwed;" it made me think about the 10K and half-marathon. Instead of focusing on both the 10K and the half-marathon, I should focus on accomplishing my six mile goal before I can even move onto my thirteen mile goal. Since the training isn't exactly the same it will cut down on what I need to look at creating less stress on myself.

DAY2, UNIV291-035

## MOTIVATION IN MUSIC

SEPTEMBER 21, 2015 7 COMMENTS

My goal of running a 10K and a half-marathon are motivated autonomously requiring autonomy and competence. Self-determination will put my mind in the right place alongside maintaining physical fitness to have a sound body for these tasks. Running gives me the flow experience because I feel as if I have the potential to succeed. With all that I've overcome since I began running six years ago, all of my injuries and setbacks, I have stuck with running and did not quit like I have a tendency to do when things get tough. I feel the flow when I listen to music; some songs can be so happy and upbeat but listening to their lyrics and you hear them crying for help. I can get so caught up in the lyrics that I lose my sense of time trying to decipher what others are trying to share through lyrics. When I'm running feeling like I can do anything while having lyrics distract me from how my body is becoming worn down during two hour runs. Also

listening to the rhythm of the songs helps me keep tempo when I run, I usually have a specific song that I'll use when I do hills during training and different one when I work on sprinting.

# INSPIRATION: HEROS AND STRENGTHS

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

In "The Hero's Journey of a Psychotherapist" by Jaime Grace, I connected to her story I have also lost a strong impact on my life like she did, she lost her father and I lost a bestfriend. Jaime moved on, went to college, and had a successful life when she started losing her driving force in life; she ended up selling her home and going on an adventure that took her to fourteen different countries. I consider her to be a hero to me because she's going through the same thing that I've been going through but she has the courage to go out and adventure to find herself again. Now I may not end up traveling to fourteen different countries, but I want to be able to go where I need to find myself and help me be whole again.

Reading "Heroism as an Emergent Property" by Rick Hutchins made me realize that a hero can sit behind a keyboard because he quoted something about a topic that doesn't get too much light shown on this part of heroics often, "Heros are made, not born." Rick goes into how a hero has many different shapes and forms; how one could be a hero in a situation but then be completely useless in the next. So how could I be a hero without rescuing someone from a burning building or saving someone who's choking in a restaurant? Well maybe I could be a hero to someone, I am a lifeguard during the summer who has had a few partial saves in the three years I've been working. Does that mean that I, an eighteen year old college student who is still uncertain of her future, could be a hero?

About a year ago I had been planning to do a 10K and a half-marathon, then I ended up on crutches from running with an inflamed tendon during cross-country for so long. I have slowly been getting back into long distance running with doing a 5K here and there, but still a ways off a decent 10K time and actually being able to complete a half-marathon. So my goals to start achieving over the next few months are to prepare and hopefully accomplish a 10K and/or a half-marathon.

One of my top strengths is appreciation of beauty and excellence which allowed me to take in the beauty of the trails, the roadsides, and the interesting people that I met as I ran in a few national park's trails. As for my creative side, when we ran in groups my group came up with some really funny raps or we would sing really bad to music that we played from our phones; we made some great memories and incredible bonds that helped us run during practices when we didn't want to be there. Another strength is curiosity, which is actually what brought me to running cross country; I had been asked to run for my high school a few times, but my interest finally peaked when my friend's dad challenged me to match his varsity letters. I previously had 2 varsity letters and he had 5; and it was my senior year and I had to earn 3 more letters (which I did.) Even though it was my first year running cross country for the school I had been picked to be a co-captain for the girls team, which helped me work on my leadership skills that I also used in marching band as pit captain and in Girl Scouts. Cross country was a totally new field for me but I was pretty successful by using social intelligence (even though I didn't know that was an actually thing back then) to help the girls set goals for themselves and made sure that they saw them through, also although most teams that I've been on was broken up into little cliques I was



able to get along with everyone and I think that this will help me when I find a running club to join to train for the half-marathon.

-Victoria

UNCATEGORIZED

## ABOUT ME!

SEPTEMBER 17, 2015 LEAVE A COMMENT

Hello all! I am Victoria and this is my first blog ever! Here are a few “fun” facts about me:

- I really enjoy eating food and going to the gym.
- I love to run!
- I’m sad that VCU doesn’t have a softball team.
- I am still trying to figure out how to “college” correctly.
- I went to the library last night for the first time and took a magical nap!
- I am a lifeguard.
- I am Blasian(Black and Asian w/ a little bit of Native American Indian)!  
#MinoritiesRepresent (/\*.\*)/
- I have a sensitive plant named Earl& he just turned 1 month old.

UNCATEGORIZED