

Week 2



***Keys to Success
in Engineering
Study***

Overview

- **You can do it!**
- **What is “success”?**
- **Goal setting**
- **Strengthening your commitment**
- **Keys to success in engineering study**

You Can Do It!

- Poorly prepared students have succeeded
- Highly qualified students have failed
- What makes the difference?



What is Success?

Success is the achievement of something desired, planned, or attempted.



Goal Setting

How can you ever expect to get somewhere if you don't know where you want to go?

- Goals give you something to measure yourself against
- Goals give your life direction
- Write down your goals

Strengthening Your Commitment

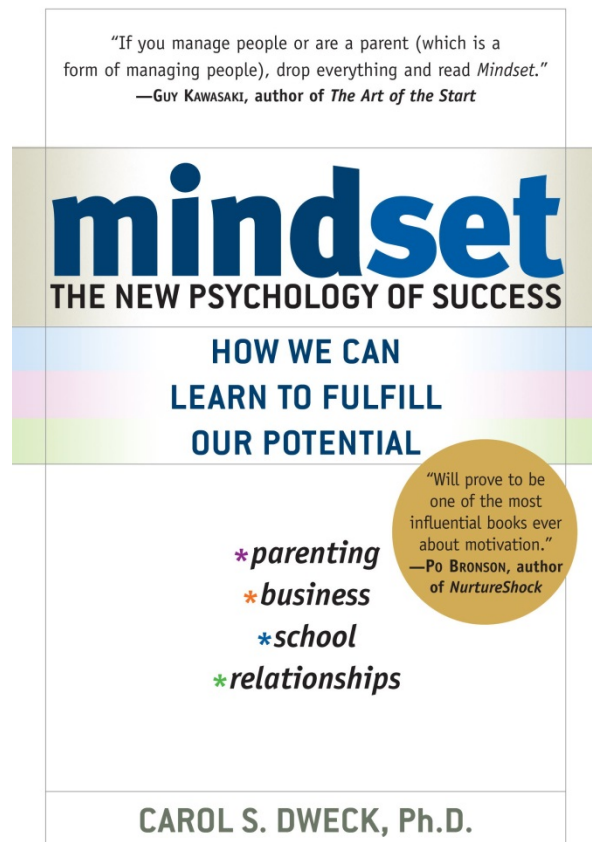
- Clarifying your goals
- Learning as much as you can about engineering
- Prepare a road map
- Don't let adversity stop you



Keys to Success in Engineering Study

- **Effort – “Work Hard”**
- **Approach – “Work Smart”**
- **Attitude – “Think Positively”**

Mindset: The New Psychology of Success by Carol S. Dweck



Fixed mindset – Your qualities (intelligence, personality, moral character) are carved in stone. Creates an urgency to prove yourself over and over.

Growth mindset – Your basic qualities are things you can cultivate and develop through your efforts. Creates a desire to grow and improve.

Comparison of Fixed vs. Growth Mindset

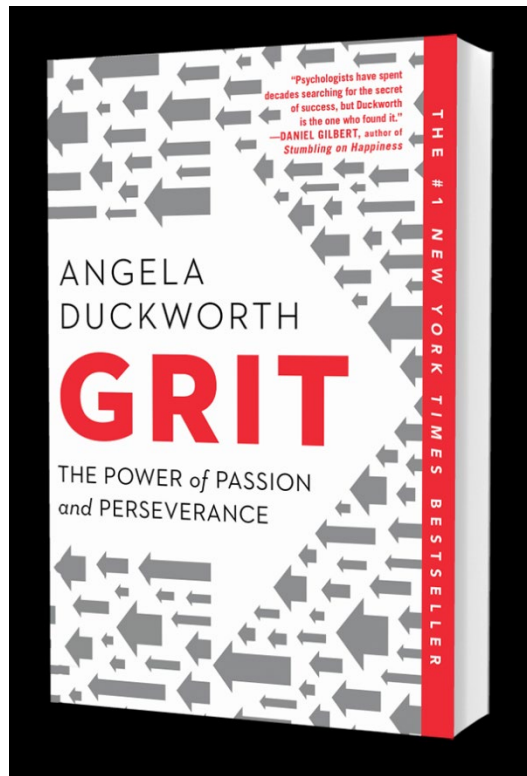
	FIXED MINDSET	GROWTH MINDSET
Challenges	Avoid challenges; stick to what you know well	Embrace challenges; overcoming challenges makes you stronger, smarter
Obstacles	Give up easily when you encounter obstacles	Persist in the face of setbacks; failure is an opportunity to learn
Effort	See effort as unpleasant and fruitless; the need for effort is a sign of low ability	See effort as the path to growth and mastery
Criticism	Ignore useful criticism; see negative feedback as an insult	Seek feedback and learn from criticism
Success of Others	Feel threatened by the success of others	Find lessons and inspiration in the success of others

Attitude – Think Positively

Positive attitudes produce positive results

Negative attitudes produce negative results

Grit: The Power of Passion and Perseverance by Angela Duckworth



The secret to achievement is a special blend of passion and persistence – called ***grit***.

Develop your grit by aligning your interest, practice, purpose and hope with your goals.

Summary of the Success Process

Step 1: Setting goals	Do I want to be an engineer?
Step 2: Strengthening commitment to goals	How important is it to me to become an engineer?
Step 3: Changing negative attitudes	What attitudes will interfere with my goal of becoming an engineer?
Step 4: Changing non-productive behaviors	What do I need to do differently to achieve my goal of becoming an engineer?