Successful people possess the following characteristics:

- personal responsibility
- self-motivation
- self-management
- interdependence
- self-awareness
- lifelong learning
- emotional intelligence
- believe in themselves

Students whom are wishing to be successful while they are at university could do well to incorporate these qualities to their approach to the university experience.

Thus successful students:

...accept **personal responsibility**, seeing themselves as the primary cause of their outcomes and experiences.
vs
...see themselves as Victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.

...discover **self-motivation**, finding purpose in their lives by discovering personally meaningful goals and dreams.
vs
...have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.

...master **self-management**, consistently planning and taking purposeful actions in pursuit of their goals and dreams.
vs
...seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.

...employ **interdependence**, building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same).
vs
...are solitary, seldom requesting, even rejecting offers of assistance from those who could help.
….gain **self-awareness**, consciously employing behaviours, beliefs, and attitudes that keep them on course.
vs
….make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.

….adopt **lifelong learning**, finding valuable lessons and wisdom in nearly every experience they have.
vs
….resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.

….develop **emotional intelligence**, effectively managing their emotions in support of their goals and dreams.
vs
….live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.

….**believe in themselves**, seeing themselves as capable, lovable, and unconditionally worthy human beings.
Vs
….doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences

Adapted from Skip Downing “On Course”