Begin With the **End** in Mind

Imagine who you are and what you want to
in life!

Envision in your mind what you cannot at present see with yo
All things are created twice. There is a **mental** (first) creation
physical (second) creation. The physical creation follows the
just as a building follows a blueprint.

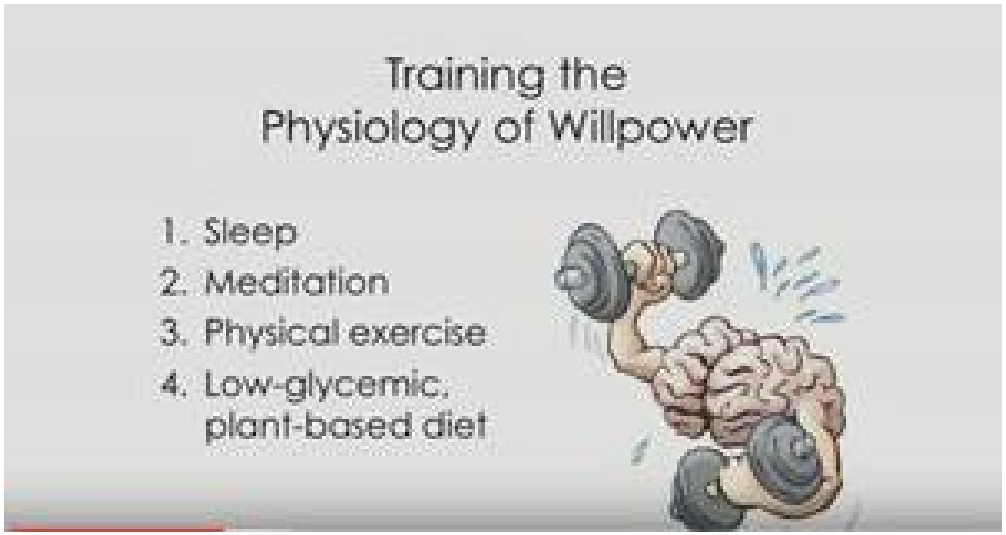
If you don't make a conscious effort to visualize who you are and what yo
life, then you empower other people and circumstances to shape you and
by default.

Source: franklincovey.com

Willpower

The Single Greatest Correlation to Future Su

- Marshmallow test and studies on willpower have found that **Willp**
  self-control) seems to be the single greatest correlation with future
  more so than high IQ, more so than having rich parents with a lot of m
  Willpower seems to be this thing that prepares people for life.
- You can improve your willpower or change your behavior by chang
  habits.



Imagining **Success** is Good, Imagining **Failure** is Better

The Power of Pessimism

- Most optimistic smokers and dieters more likely to fail.
- Optimism about future behavior licenses self-indulgence today.
- 75% of cases investigated for fraud by the SEC are the result of unrealistically optimistic initial profit projections.

If you are a student, it is good to imagine you graduated from the school and now have a good career, making good money and have a happy life. But it is better to imagine that you dropped out of school and are back to the same old job and problems. Now you may plan better to ensure that it does not happen.

The Power of Habit: Charles Duhigg at TEDxTeachersCollege and "Change Anything! Use Skillpower over Willpower by Al Switzler at TEDxFremont)

A good dose of pessimism may act
in our attempts to address the p
Pessimism could console and ev
mixed with some optimism, pes
us to think more soberly and r
challenges that we face. Although
is painful, it is certainly better
delusional fantasies about sunn
future.

guardian.co

Six Sources of Influences

1. **Personal Motivation**- Do I want to? Am I motivated? (How much do I want to change and wh

2. **Personal Ability**- Can I do it? If not, can I learn a skill to achieve it?

3. **Social Motivation**- Do I have encouragement and support? Someone who keeps me on track? from accomplices. If you can't turn accomplices to friends, i.e. they are not serious in helping you from them!)

4. **Social Ability**- Do I have someone to coach me, give me feedback to improve?

5. **Structural Motivation**- Do I have any rewards or incentives to keep me going?

6. **Structural Ability-** Am I in an environment which helps to control my space? Is it possible to behavior easy and my bad behavior hard? (e.g. if you cannot study at home, go to a library or com study; get rid of junk food in the house. Make healthy food easily available and junk food out of

#1 and #2 derive from yourself. #3 and #4 derive from external help.
For #5 and #6, you need to make plans in advance to create the environment.

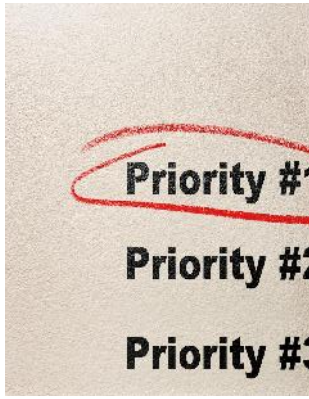
Setting Goals

(The Key to a Very Satisfied Life!)

Weekly Schedule Planner for Studying

How to Get Things Done

Our **well-being** or **life satisfaction** depends on **what we desire** and **set goals for.** I large-scale study on higher education, there is striking evidence of the lifelong effe **setting.** Many young students who desired a high income and set goals f subsequently achieved it and were very satisfied with their lives.



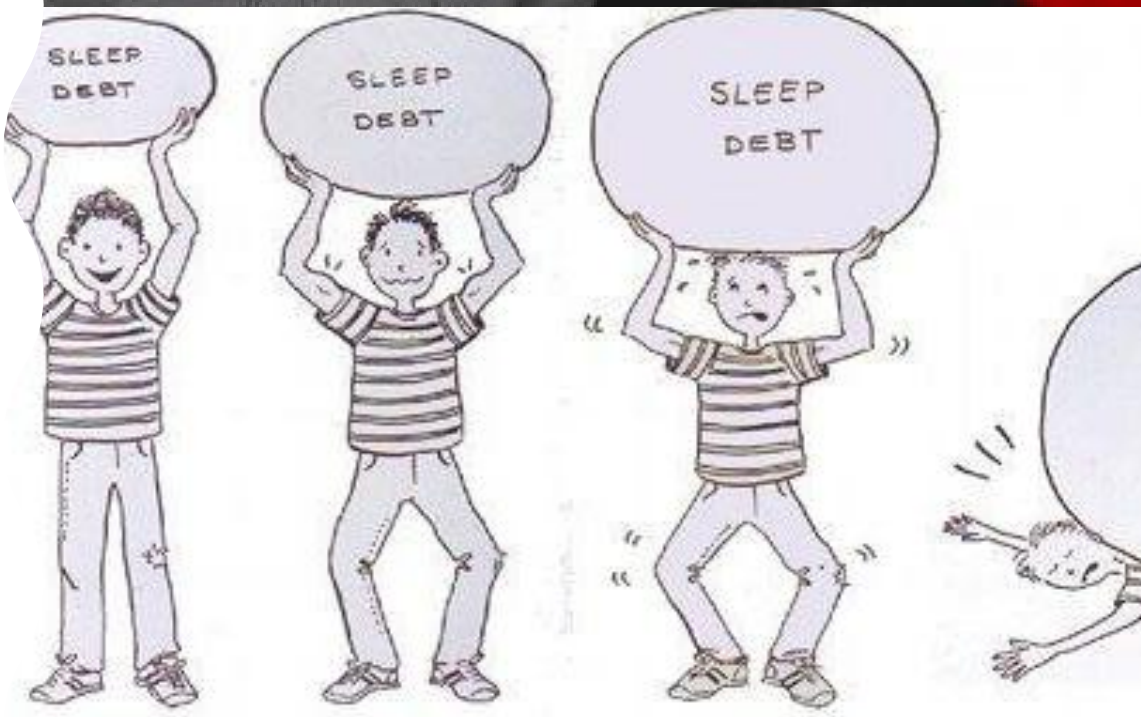
(7 Step Goal-Setting Sheet)

(Weekly Schedule/Planner for Studying)

(How to Get Things Done)

How Sleep Affects Your Waking Life - What Every Student Should Know

- The average sleep requirement for college students is well over 8 hours, If this amount is not obtained, a **sleep debt** is created.
- If you feel **drowsy,** e.g. in a lecture, you have sleep debt
- Lost sleep accumulates progressively



Sleep debt is the easiest debt to pay that can your life!

(Get at least 8 hours of sleep everyday.)

Falling asleep at the wheel and in other hazardous situations is a leading cause of death and disabi

Sources:
Stanford University Center of Excellence for the Diagnosis and Treatment of Sleep Disorders h
Perchance to Dream, The Economist July 11, 2020

What takes you to the top **1%** Elite Professionals?

Confidence and Persistence

To be among the top 1% elite,
the most prized possession is not brainpower, but
self-confidence.

The “cognitive elite” is really just a “confidence elite”.
The persistence of elites is a guide for getting a good job.

Set a goal of passing 4 certifications by the time you gradu

Source: The Economist: How to Join the 1%, May 16, 2015

Knowledge is Shared

Everything great we do as human beings depends on our ability to **share** knowledge and to collaborate.

People believe or feel they know something themselves if they know other people (that is their community) who actually know.

Our teachers' collective credentials include MS in IT, MBA, Novell Engineer, CISSP, CEH, CCNA, MCT, MCSA, CompTIA, Linux, CySA+, CASP, VmWare, and AWS.

PC AGE's Community

Advisory Committee of distinguished IT vangu
of PhD and Master's degree holders in IT

Faculty comprising of senior, experienced, and
professionals

Student Mentors - PC AGE graduates who are t
the IT field

Staff and support services - who care about yo
the extra mile to help

PC AGE's shared knowledge increases
CONFIDENCE of our students, and it
in their IT career success.

PC AGE grads have gone onto rewardi
IT, some starting at 60K and others in l
managerial roles with certifications and
years' experience under their belt.

PC AGE.edu

There are only two burdens in life.
One is the burden of **discipline** that weighs in ounces, and the other is the burden of **regret** that weighs in tons.

“ It is time for man to mark his goal. It
for man to plant the germ of his highes

How little you know of human happine
comfortable people. The secret of a fulf

is: Live Dangerously!

- Friedrich Nietzsche

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