**Ideal Level of Commitment**

“People will be more inclined to take on a task if they believe they can succeed. People generally avoid tasks where their self-efficacy is low, but will engage in tasks where their self-efficacy is high. People with a self-efficacy significantly beyond their actual ability often overestimate their ability to complete tasks, which can lead to difficulties. On the other hand, people with a self-efficacy significantly lower than their ability are unlikely to grow and expand their skills. Research shows that the ‘optimum’ level of self-efficacy is a little above ability, which encourages people to tackle challenging tasks and gain valuable experience” (Csikszentmihalyi, M. Finding Flow. 1997).

**Determining Priorities Based on Values**

“College...is like daring yourself to swim the length of a swimming pool without breathing. A lap is a semester. I want to do everything I possibly can” (Lambert, C. Nonstop. Harvard Magazine. March-April 2010).

“People need to have hobbies, not just extracurriculars—things they do for themselves” (Lambert, C. Nonstop. Harvard Magazine. March-April 2010).

**Saying No**

“A ‘No’ uttered from deepest conviction is better and greater than a ‘Yes’ merely uttered to please, or what is worse, to avoid trouble.” -Mahatma Gandhi (quoted by Ury, W. The Power of a Positive No. 2007.)

**Structured Procrastination**

“To make structured procrastination work for you, begin by establishing a hierarchy of the tasks you have to do, in order of importance from the most urgent to the least important. Even though the most-important tasks are on top, you have worthwhile tasks to perform lower on the list. Doing those tasks becomes a way of not doing the things higher on the list. The second step in the art of structured procrastination is to pick the right sorts of projects for the top of the list. The ideal projects have two characteristics—they seem to have clear deadlines (but really don’t), and they seem awfully important (but really aren’t). Luckily, life abounds with such tasks. At universities, the vast majority of tasks fall into those two categories,” (Perry, John. How to Procrastinate and Still Get Things Done. The Chronicle of Higher Education. 1996).

**Over-Committed, Over-Scheduled**

“COLLEGE IS NOT ABOUT LEARNING HOW TO DO SPECIFIC THINGS; COLLEGE IS ABOUT BECOMING A CERTAIN KIND OF PERSON.”

Sanders, Matthew L. Becoming A Learner: Realizing The Opportunity Of Education. Unpublished manuscript.

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