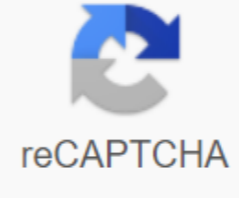




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Breaking social norms sociology

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The GCU, while maintaining its legal rights in light of its Christian mission, seeks to maintain an academic environment free from unlawful discrimination. More information on the GCU's non-discrimination policy can be found gcu.edu/titleIX. Copyright ©2020 GetEducated.com; Approved Colleges, LLC All Rights Reserved Last Update October 29, 2020 Are you the kind of person who wants to achieve tremendous success in your life? Do you have the mental strength to make this happen? I think we can all agree that regardless of your ambitions, achieving success can be difficult; And over time, the daily grind can negatively affect your physical, mental and emotional energy. Achievements and high performers from all walks of life face ups and downs on the road to success- they face failure, burnout, despondency, fatigue, self-limiting beliefs, stress, and more. How some people are constantly striving for their goals year after year, while others abandon them? How do these people remain strong and solid when so much is stacked against them? Research Research show that mental strength is the most important key to success. If you haven't read Angela Duckworth's book Grit, you should. In it, she reveals that the secret of outstanding achievements is not talent, but a special mixture of passion and perseverance, which she calls grit. In other words, mental endurance plays an important role when it comes to achieving goals. At its core, mental strength is simply the ability to stick to something when going gets tough. People with a high level of mental strength can go beyond these obstacles and make the way of success, while people with lower levels of mental strength can give up their dreams. The good news is that no matter who you are, what you are told, or what you currently believe you can develop the mental strength you need to be successful.1 Develop positive thinkingIf you are going to increase your mental strength and manage stress, the first thing you need to do is focus on building strong, positive thinking in everyday life. According to the Cleveland Clinic, the average person has 60,000 thoughts a day. Of these, 95% of these thoughts are repeated every day, and on average 80% of repetitive ideas are negative. That's about 45,600 negative thoughts a day! Carry these negative thoughts like going hiking in the mountains with a backpack full of stones. Hiking is hard enough on its own, but having extra trash weighing you down is a recipe for failure. Sometimes, building mental strength is not so much about building new forces as it is about keeping your strength to the right tasks. Wouldn't it be easier to throw stones out of your backpack rather than try to get strong enough to carry excess weight? Letting go of self-limiting beliefs It's pretty hard to be mentally tough when you're constantly beating yourself up. Self-limiting beliefs are any beliefs that hold you back in some way. Here are a few examples: I'm not smart enough to... I don't have enough experience to ... I've tried that before and it wasn't good, so I should just be bad... When we allow these self-limiting beliefs to flood our minds, negative self-talk runs rampant, and we displace our ability to think positively. When you admit self-restraint beliefs arise in your mind, quickly silence it by telling yourself that it is not, and then back that with some positive affirmations: I am smart enough; I might just need to do some more research first. I can't have as much experience as anyone else, but it's not going to stop me from trying. I have enough experience to get started. I'll understand the rest on the way. Just because I failed last time doesn't mean I'm going to fail this time. My past does not dictate my future. Get Rid All or Nothing ThinkingAnother forms of negative thinking that may be You are from creating mental strength of all or nothing thinking. All or nothing thinking is the concept of thinking in extremes. You are either a success or a failure. Your performance was big or terrible. If you're not perfect, you're a loser. But that's not true! If you're trying to lose 30 pounds and only lost 28, isn't that even better than not losing weight at all? I'd say so! If you let all or nothing thinking rule your mind, you'll be on cloud nine when you succeed, but you'll beat yourself up when you're not. Recognizing the shades of gray in between will allow you to see success more often. When you recognize all or nothing thoughts, be sure to look positive in a situation. What did you get trying? What would you have missed if you hadn't tried? Could you do better if you were to try again? Ditch DwellingSelf-limiting beliefs and all or nothing thinking can lead to a bad case of settling on a negative, which is bad news for mental health. If you want to build some mental strength and keep your mind strong, you have to ditch shelter. When we are fixated on our troubles, we spend a huge amount of energy that we could use to achieve our goals. When that happens, we'll most likely quit altogether. That doesn't mean you're not mentally tough; it just means you misunderstand your energy. The next time something bad happens, it's important to allow yourself to feel frustrated and frustrated, but work hard to reduce the amount of time you stop at the situation. If you're struggling with this, you can try this: Call a friend or mentor and talk to them. Get some outside perspective on your situation. Time blocks your home, allowing yourself to live no more than one hour. Then tell yourself to move on that you are human and you can make mistakes or experience setbacks. If all else fails, find a good way to distract yourself until you can calm down and revise things with a clear mind. The faster you can focus on the positives and get past the problem, the faster you can get back to achieving success in your life.2 Connect with your PurposeOne of the most critical elements to build mental strength and maintain a strong and focused mind has a strong why for all your short-term and long-term goals. If you set out to achieve a huge goal that you have no reason for, you are going to find yourself distracted, discouraged, or disconnected as soon as you experience your first setback. Think about the last time you worked on a goal or resolution, and things aren't going well. You may have thought that you did not have enough willpower or discipline. It's more likely that you just don't have strong enough why. Simon Sinek Your message Start with why around the world. In short, to put it, says that: Your why is the purpose, cause or faith that inspires you. One of the biggest drains on your mental energy is pursuing a goal or task that you don't have why. Often we set goals because we like the idea of purpose rather than the reality of the goal. Without connecting with our why, we cannot internally motivate ourselves to achieve our most difficult goals. You can learn more about revealing your purpose in this video: Find the inner motivation Of intrinsic motivation to our innate desire to do something, and it happens when we work towards something that satisfies ourselves above all else, not our parents or our bosses or our teachers. Let's say you think you want to quit smoking because you know it's bad for you, but you really like smoking. If you really don't want to quit smoking, it will be almost impossible, regardless of your willpower or mental strength. However, if you want to quit smoking because you have just given birth to a baby and you don't want your baby growing around the smoke, then this is why is going to give you inner motivation. Internal motivation is much more powerful than just stubborn willpower, and it is much easier to maintain in the long run. If you are trying to develop mental endurance, connecting why whatever you want to achieve will reduce the effort and energy it will take to achieve these things.3 Find strength in Unity The ready aspect of developing mental strength embraces the idea that you're not into doing it alone. Bill Gates didn't build Microsoft alone. Oprah didn't build her own network. Steve Jobs didn't invent an iPhone without a command. Michelle Obama didn't implement let's move the campaign on her own. Behind all these successful people were countless other people who offered support, mentoring, leadership and support. If you want to develop unsurpassed mental strengths, spot and overcome your blind spots, and work through your weaknesses. If you are struggling to deal with your inner negativity or with finding your goal, talk it through with your mentor. Sometimes we lose the forest because of the trees, and the mentor can help us take a step back and see the bigger picture. Here's how to find the right mentor for yourself: How to find a mentor who will help you SucceedRecruit Some CheerleadersIf you want to stay strong, it never hurts to have a group of personal cheerleaders to help successfully complete your goals. Unlike mentors who are going to jump up and help you decide to decide Problem, a group of cheerleaders will help keep your mood. Even if you have a strong why and a positive attitude, it is almost impossible to maintain a positive attitude 100% of the time. It doesn't make you weak to need help from time to time. Having a group of people cheering you on will make all the difference in the world. As you work out your goals, tell a few close friends about what you're doing, and when things get tough, tell them about it. When they give you the pep talk you need, don't resist their positivity or confront it with self-limiting beliefs. Allow their optimism to replenish their energy and use this energy to click on. The form of groupCheerleaders reporting is great, but sometimes we need someone to give us a kick we have to keep going. You may have a strong why to run a marathon or lose 30 pounds, but that doesn't mean it will be easy; and trying to force yourself to follow through is a sure way to tax your mental energy. Why not save some of your mental energy by forming an accountability team? Find a person or multiple person who have similar goals, or at least the need for partner accountability. Then forming an agreement within the group to push each other every day.4. Learn to pick yourself up after a failureStroy strong mentality and the development of mental strength is not easy! Anyone who has ever achieved great success knows that obstacles, setbacks and failures are inevitable and you are no different. Working on your goals, you will face many ups and downs, but that does not mean that you do not have mental endurance, willpower or discipline. When you find yourself in a low place, instead of giving up at once, ask yourself these questions: Am I too hard to myself? Negative thoughts distort my point of view? What is the positive side of this failure/obstacle/failure? Why was this goal important to me? What was my goal? Is this goal still important to me? Who can I ask for help? Who can mentor me or hold me accountable? When we get lost in negative thinking or lose touch with our purpose, it is too easy to become discouraged. This article contains some helpful tips to help you get back on track: How to fight failure and pick yourself up To Back Tyd aloneA important part of developing mental strength learning to recognize negative trends and take steps to correct them early on with healthy habits. Developing mental strength is not about eliminating weakness, but learning to fight it and overcome it. No one is perfect, but when we focus on the right things, we can develop mental worthy of life's biggest challenges. Read more about the development of mental strengthPopular photo credit: zulmauri Saavedra Saavedra unsplash.com unsplash.com

