

Appendix A:
Goal-Setting Treatment Module in Dobronyi, Oreopoulos, and Petronijevic
(2017)

This appendix contains the goal-setting intervention that students in the goal-setting treatment completed.

2014-15
TREATMENT ONE
GOAL SETTING MODULE

Start treatment 1: if last student number is (1,3,5)

<Thank you for completing the survey. Please continue with the exercise below>

General Instructions 1

The exercise you have been tasked with involves thinking about your future. There are 2 stages

- In Stage 1, you will write generally about your goals.
- In Stage 2, you will specify and clarify the nature of those goals, and begin to strategize.

We recommend you consider completing the process over two or more separate days. People who allow themselves some time to sleep when they are making important decisions appear to do a better job and to benefit more. Some students may need 2 hours or more to complete the exercise, This may feel long, but is meant to benefit YOU personally so please take your time.

You will need to concentrate and process what you are writing, so try to complete this exercise when you are feeling alert and relatively unrushed. Simply follow the on-screen instructions as you go along. Press the "Next" button to move onto the next screen. If you need to take a short break or two of 5-10 minutes to get up and walk around during the process, please feel free to do so.

You will be asked to write down your private thoughts and feelings. Please type them directly into the box provided. Write in whatever language you feel most comfortable with. At times, you may be asked to write non-stop, without regard for grammar or spelling. At other times, you may be asked to revise what you have written.

Everything you write will remain accessible only to you. The report you produce will summarize your personal goals and strategies. You will be emailed a copy of this report to your account address shortly after you complete the exercise, and then your report will be deleted.

During some sections, you will be asked to write for specified amounts of time. Please try your best to write for the amount of time specified (so, if it asks you to write for 1-2 minutes, please write continuously for at least 60 seconds).

<Save> <Next (Save)>

General Instructions 2

During this exercise, you will be presented with a series of pages either providing you with information, or asking you to describe aspects of your personality and experiences.

You may proceed through the exercise by clicking the Next button.

You can go back to previous pages by clicking Previous.

Each time you click Next or Previous, the data you have entered on that page will be saved. You can also save your data while remaining on the same page by clicking Save. In addition, many of the pages where you are asked to write for longer periods of time will automatically save every minute or so.

You may quit the exercise any time by clicking Exit/Home or shutting down your browser. If the current page is a page you have been writing on, remember to click Save before exiting. The text that you entered on previous pages will have already been saved.

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<Previous (Save)> <Save> <Next>

General Instructions 3

This exercise is designed to benefit you. On many pages you will not be able to skip forward without spending a minimum required time writing.

Text boxes also have a maximum length and cannot be left empty. Pay attention, as you write, to the numbers above the text boxes. Numbers like [180 / 1000] indicate that you have typed 180 characters out of a maximum allowable of 1000. When you reach the maximum, you will be prevented from typing any further. To resolve this, edit your text until the number of characters is less than or equal to the maximum. These limitations have been established so that you do not get stalled at any point in the process.

We do encourage you to write in some detail. Research indicates that better results are obtained as the amount written by participants increases.

After you have completed the exercise, you will be taken to a Summary page. You can use that page to email yourself a copy of your writing.

<Previous (Save)> <Save> <Next>

Stage 1: The Ideal Future: Preliminary Notes and Thoughts

In Stage 1 of this exercise, you will begin to create a version, in writing, of your ideal future. William James, the great American psychologist, once remarked that he did not know what he thought until he had written his thoughts down. When he didn't know what to write, he wrote about anything that came to mind. Eventually, his ideas became focused and clarified.

Brainstorm. Write whatever comes to mind. Don't worry too much about sentence construction, spelling, or grammar. There will be plenty of time to write polished sentences later. Avoid criticizing what you write. Premature criticism interferes with the creative process.

In Stage 2, you will specify and clarify your goals, and begin to strategize.

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Imagining Your Ideal Future

You will start with some exercises of imagination that will help you warm up to the task of defining your future.

These will include 8 questions such as "what could you do better?", "what would you like to learn about?", "what habits would you like to improve?". After briefly answer these 8 questions, you will be asked to write for 15 minutes about your ideal future, without editing or criticism.

Let yourself daydream or fantasize. You are trying to put yourself into a state of reverie, which is a form of dream-like thinking that relies heavily on internal imagery. This kind of thinking allows all your different internal states of motivation and emotion to find their voice.

It might be best to concentrate on your future three to five years down the road, although you may have reasons to concentrate on a shorter or longer timespan (eighteen months to ten years).

<Previous (Save)> <Save> <Next>

If the user attempts to skip ahead quickly

<The minimum time has not passed yet. Take your time, this exercise is for you.>

End

1.1. One Thing You Could Do Better

If you could choose only one thing that you could do better, what would it be?

Think and write for at least two minutes, then move on.

[in soft reassuring colored text:]

Don't rush - this exercise is for your benefit.

[If you could choose only one thing that you could do better, what would it be?]

<Previous (Save)> <Save> <Next>

1.2. Things to Learn About

What would you like to learn more about, in the next six months? Two years? Five years?

Think and write for at least two minutes, then move on.

[What would you like to learn more about, in the next six months? Two years? Five years?]

<Previous (Save)> <Save> <Next>

1.3. Improve Your Habits

What habits would you like to improve?

- At school?
- At work?
- With friends and family?
- For your health?
- With regards to other habits?

Think and write for at least two minutes, then move on.

[What habits would you like to improve at school?

What habits would you like to improve at work?

What habits would you like to improve with friends and family?

What habits would you like to improve in regards to your health?

What other habits would you like to improve?]

<Previous (Save)> <Save> <Next>

1.4. Your Social Life in the Future

Friends and associates are an important part of a meaningful, productive life. Take a moment to consider your social network. Think about the friends you might want to have, and the connections you might want to make. It is perfectly reasonable to choose friends and associates who are good for you. Describe your ideal social life.

Think and write for at least two minutes, then move on.

[Describe your ideal social life.]

<Previous (Save)> <Save> <Next>

1.5. Your Leisure Activity in the Future

Take a moment to consider the activities you would like to pursue outside of obligations such as work, family and school. The activities you choose should be worthwhile and personally meaningful.

Without a plan, people often default to whatever is easiest, such as television watching, and waste their private time. If you waste 4 hours a day, which is not uncommon, then you are wasting 1400 hours a year. That is equivalent to 35 40-hour work weeks, which is almost as much as the typical individual spends at his or her job every year. If your time is worth \$25 per hour, then you are wasting time worth \$35,000 per year. Over a 50-year period, that is \$1.8 million dollars, not counting interest or any increase in the value of your time as you develop.

Describe what your leisure life would be like, if it was set up to be genuinely productive and enjoyable.

Think and write for at least two minutes, then move on.

[Describe what your leisure life would be like, if it was set up to be genuinely productive and enjoyable.]

<Previous (Save)> <Save> <Next>

1.6. Your Family Life in the Future

Take a moment to consider your home and family life. Peaceful, harmonious family life provides people with a sense of belonging, support for their ambitions, and reciprocal purpose. Describe what your ideal family would be like. You can write about your parents and siblings, or about your plans for your own partner, or about your children, if any – or about all of these. What kind of partner would be good for you? How could you improve your relationship with your parents or siblings?

Think and write for at least two minutes, then move on.

[Describe what your ideal family would be like.

What kind of partner would be good for you?

How could you improve your relationship with your parents or siblings?]

<Previous (Save)> <Save> <Next>

1.7. Your Career in the Future

Much of what people find engaging in life is related to their careers. A good career provides security, status, interest, and the possibility of contributing to the community. Take a moment to consider your school or work careers, or both. Where do you want to be in six months? Two years? Five years? Why? What are you trying to accomplish?

Think and write for at least two minutes, then move on.

[Where do you want to be in six months? Why? What are you trying to accomplish?]

Where do you want to be in two years? Why? What are you trying to accomplish?

Where do you want to be in five years? Why? What are you trying to accomplish?]

<Previous (Save)> <Save> <Next>

1.8. Qualities You Admire

People you automatically admire have qualities that you would like to possess or imitate. Identifying those qualities can help you determine who it is that you want to be. Take a moment to think about the two or three people you most admire. Who are they? Which qualities do they possess that you wish you had?

Think and write for at least two minutes, then move on.

[Who are the people you admire the most?

Which qualities do they possess that you wish you had?]

<Previous (Save)> <Save> <Next>

The Ideal Future: Complete Summary

Now you have written briefly about your future, and have had some time to consider more specific issues. This step gives you the chance to integrate all the things that you have just thought and wrote about.

Close your eyes. Daydream, if you can, and imagine your ideal future:

- Who do you want to be?
- What do you want to do?
- Where do you want to end up?
- Why do you want these things?
- How do you plan to achieve your goals?
- When will you put your plans into action?

Write about the ideal future that you have just imagined for 15 minutes. Write continuously and try not to stop while you are writing. Don't worry about spelling or grammar. You will have an opportunity to fix your mistakes later.

Dream while you write, and don't stop. Write at least until the 15 minutes have passed. Be ambitious. Imagine a life that you would regard as honourable, exciting, productive, creative and decent.

Remember, you are writing only for yourself. Choose goals that you want to pursue for your own private reasons, not because someone else thinks that those goals are important. You don't want to live someone else's life. Include your deepest thoughts and feelings about all your personal goals.

[in soft reassuring colored text:]

Don't rush - this exercise is for your benefit.

[Who do you want to be?

What do you want to do?

Where do you want to end up?

Why do you want these things?

How do you plan to achieve your goals?

When will you put your plans into action?]

<Previous (Save)> <Save> <Next>

A Future to Avoid: Complete Summary

You have now written about the future you would like to have. Clearly defining your future can help reduce the uncertainty in your life, and reduce the amount of negative emotion that you chronically experience, in consequence. This is good for your confidence and for your health. Having well-defined goals also increases your chances of experiencing positive emotion, as people experience most of their hope and joy and curiosity and engagement as a consequence of pursuing valued goals (and not, as people generally think, by attaining them).

It can also be very useful to deeply imagine the future you would like to avoid. You probably know people who have made very bad decisions, and who end up with a life that nobody would want. You also likely have weaknesses yourself. If you let those get out of control, then you might also end up with a miserable, painful life. Most people know how their life could go downhill if they let it.

Spend some time, now, thinking about what your life would be like if you failed to define or pursue your goals, if you let your bad habits get out of control, and if you ended up miserable, resentful and bitter. Imagine your life three to five years down the road, if you failed to stay on the path you know you should be on. Use your imagination. Draw on your knowledge of the anxiety and pain you have experienced in the path, when you have betrayed yourself.

Think about the people you know who have made bad decisions or remained indecisive, or who chronically deceive themselves or other people, or who let cynicism and anger dominate their lives. Where do you not want to be?

Dream while you write, and don't stop. Write at least until the 15 minutes have passed. Let yourself form a very clear picture of the undesirable future.

[in soft reassuring colored text:]

Don't rush - this exercise is for your benefit.

[Where do you not want to be?]

<Previous (Save)> <Save> <Next>

Stage 1: The Ideal Future: Preliminary Notes and Thoughts has been completed

Congratulations! You have now realized a vision of your ideal future, and outlined a future that is best avoided. You can use the summary of this vision to help you complete Stage 2 of the Ideal Future planning process.

Clicking the "Email Report and Go to Stage 2" link will send your report to your email address provided. This summary will help you with stage 2.

<Previous (Save)> <Save> <Email Report and Go to Stage 2 (Save)>

<Stage 1 report displayed here>

Stage 2: Specific Goal Identification: Introduction

In this stage, you will first be asked to define and personally title your overall future plan. Then, you will be asked to take your general plans for the ideal future and break them up into more specific goals. Each of these separate goals will also be given its own title. This step will help you clarify your goals.

<Previous (Save)> <Save> <Next>

2.1. Title and Briefly Describe Your Ideal Future

Please specify a title and brief description for your ideal future as a whole. This can be as simple as "My Ideal Future," in both fields, or, if you have something more personal in mind, you can specify that. Imagine that you are both specifying and summarizing your ambitions with this title. This will help you remember what you are aiming for.

In later screens you can define, prioritize, and analyze specific goals.

[main goal title]

[main goal description]

<Previous (Save)> <Save> <Next>

2.2. Specifying and Clarifying Your Goals

Please break down your ideal future into 6 goals. You can re-word, re-write and organize the relevant material from Step 1 for your goal summaries, if you wish, or you can rely on your memory.

These specific goals can be from a number of different domains.

- A personal goal might be "I would like to be healthier."
- A career goal might be "I would like to be more interested in my job"
- A social goal might be "I would like to meet more people".

The summaries you write about each goal should be reasonably brief and memorable. Make sure that each goal summary includes nothing but the most important information. You will have 10-15 minutes for this part of the exercise. Feel free to revise and edit.

start: repeated 6 times

Goal #

<goal title>

<goal description>

end

<Previous (Save)> <Save> <Next>

2.3. Prioritizing Your Goals

Please organize your goals by dragging and dropping them. Give your most important goal a rank of 1 (first place), your next most important goal a rank of 2 (second place), and so on.

Goals are listed here, they can be dragged and dropped into order

<Previous (Save)> <Save> <Next>

2.4. Strategizing About Your Goals

Now you will be asked about the following elements or feature for each of the specific goals you have identified:

- Evaluating Your Motives
- Considering the Broad Personal and Social Impact of Goals
- Considering the Detailed Strategies for Goal Attainment
- Identifying Potential Obstacles and their Solutions
- Monitoring Progress towards Desired Goals

Thus, the five pages that contain these elements or features will repeat until all your goals have been assessed.

<Previous (Save)> <Save> <Next>

Start: steps 2.4.1 to 2.4.5 are repeated for each sub goal created

2.4.1. Evaluating Your Motives

For this goal, you might want to consider issues such as the following:

- Do you truly believe that pursuing this goal is important?
- Would you feel ashamed, guilty or anxious if you didn't?
- Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)
- Are you pursuing this goal because the situation that you find yourself in in seems to demand it?
- Is the pursuit of this goal enjoyable, stimulating or satisfying?
- Is this goal part of a deeply felt personal dream?

Please spend a minute or two writing down your reasons for pursuing this goal:

Goal Title Here

[Do you truly believe that pursuing this goal is important?

Would you feel ashamed, guilty or anxious if you didn't?

Do you want to achieve this goal personally, or are you doing it to please someone else? (It is often a good thing to do something for someone else, but you should know when you are doing that.)

Are you pursuing this goal because the situation that you find yourself in in seems to demand it?Is the pursuit of this goal enjoyable, stimulating or satisfying?

Is this goal part of a deeply felt personal dream?]

<Previous (Save)> <Save> <Next>

2.4.2. Considering the Broad Personal and Social Impact of Goals

Goals can have an impact beyond the obvious. Our specific personal goals are connected to larger, more important life goals. These higher-order goals reflect our most important ideals. The specific goal of spending more time studying or reading, for example, is a specific element of the more important goal of being a well-educated person. Achieving other specific goals, such as becoming more assertive, help us to move closer to our ideal self.

You will now be asked to write about what more globally important things might be affected by your attainment the goal listed below:

- How would disciplined success change the way that you see yourself?
- How would other parts of your personal life change, in consequence?
- How would this affect the way that others perceive you? (You might also consider fears of being successful. Sometimes people are afraid to succeed because of the responsibility this would entail. Sometimes they are afraid of even becoming conscious of their true goals, because then they would be aware when they fail. These are not good strategies.)
- How would attaining this goal affect the lives of the people around you?
- What broader beneficial social impact might your success have?

Please write a short description of how attaining this goal would change additional important aspects of your life, and the lives of others.

Goal Title Here

[How would disciplined success change the way that you see yourself?

How would other parts of your personal life change, in consequence?

How would this affect the way that others perceive you?

How would attaining this goal affect the lives of the people around you?

What broader beneficial social impact might your success have?]

<Previous (Save)> <Save> <Next>

2.4.3. Considering the Detailed Strategies for Goal Attainment

Thinking about achieving a goal is obviously easier than going out and getting it done. Many things related to the natural environment, the social group and the self can stand in your way. It is useful to anticipate these difficulties, so that you can plan to overcome them.

Consider your goal, once again. Write down all the potential obstacles you can think up. Write down ways to overcome these obstacles.

How might you interfere with your own plans? How can you ensure this won't happen? Sometimes change is threatening to people we know and love. Will the people you know help you, or interfere? How can you communicate with them, so that they will support you? Think of realistic and worst-case scenarios. What are your options? What are your alternative plans?

Write down potential obstacles to this goal, and specify the ways you might overcome them.

Goal Title Here

[How might you interfere with your own plans?

How can you ensure this won't happen?

Sometimes change is threatening to people we know and love. Will the people you know help you, or interfere?

How can you communicate with them, so that they will support you? Think of realistic and worst-case scenarios.

What are your options?

What are your alternative plans?]

<Previous (Save)> <Save> <Next>

2.4.4. Identifying Potential Obstacles and their Solutions

Goals are related to lesser, smaller sub-goals and behaviors, as well as connected to higher-order, more important abstract goals. Sub-goals are easier to achieve, but are still fundamental to reaching our greater aspirations. Sub-goals can thus be thought of as strategies for greater goal achievement. Thinking about what specific things need to be done in order to achieve your goals allows you to create practical strategies for realizing your dreams. Please take some time to write about the concrete daily or weekly things you might do to further your goal. Deeply consider what particular behaviors this goal is built upon.

- Should you spend more time planning at school or at work?
- Do you need to spend more time with your friends, or your children?
- Do you need to discuss household chores with your roommates, partner or spouse?

Specify when you are going to work on your goal. Specify how often. Specify where. Think hard about how you are going to implement your plans. Make your plans concrete.

Write down those concrete weekly or daily things you might do to further this goal.

Goal Title Here

[Should you spend more time planning at school or at work?

Do you need to spend more time with your friends, or your children?

Do you need to discuss household chores with your roommates, partner or spouse?]

<Previous (Save)> <Save> <Next>

2.4.5. Monitoring Progress towards Desired Goals

We need to know, concretely, whether or not we are progressing towards the attainment of valued goals. Of course, this is not an easy task. When we want to complete very specific tasks, feedback on our performance is relatively easy to monitor. However, if our goals are less short-term, this becomes a little more difficult.

You are now being asked to identify personal benchmarks that will allow you to evaluate your own performance.

- When would you like to achieve this goal? Be specific. Even if you have to revise a deadline later, it is still better to set one.
- What sorts of things will you accept as evidence that you are progressing towards your stated goal?
- How often are you going to monitor your own behavior?
- How will things in your life have to change, measurably, for you to feel satisfied in your progress?
- How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and cynicism?

Your benchmarks should be personal indicators of success. It doesn't matter what others may think defines progress towards your goal. Write down those accomplishments would truly indicate positive movement on your part. Feel free to write as much as you feel is necessary.

Write down how you might monitor your progress with regards to this goal.

Goal Title Here

[When would you like to achieve this goal? Be specific. Even if you have to revise a deadline later, it is still better to set one.]

What sorts of things will you accept as evidence that you are progressing towards your stated goal?

How often are you going to monitor your own behavior?

How will things in your life have to change, measurably, for you to feel satisfied in your progress?

How can you ensure that you are neither pushing yourself too hard, and ensuring failure, or being too easy on yourself, and risking boredom and cynicism?]

<Previous (Save)> <Save> <Next>

End: repeated steps 2.4.1 to 2.4.5

2.5 Future Steps

People often worry themselves unproductively by constantly revisiting their goals, instead of concentrating on their attainment. It is easy to undermine yourself, by always questioning your aims and intentions. Am I doing the right thing? Have I chosen the correct goals? This leads to chronic worry, unproductive behavior, and lack of opportunity to learn.

- Now that you have set goals, it is best to concentrate on a daily or weekly basis on implementing the strategies you have devised for their attainment, instead of worrying about the goals themselves. It is just as important to stick to a plan, as it is to make a plan.
- If you implement your goals, even if they are not perfect, you will learn enough during the implementation phase to make better goals next time. As you continue to repeat the process, you will get wiser and wiser.
- Set aside some time every week or two - no more than ten or twenty minutes - to mentally review your performance. You will gather all sorts of useful information that you can use to reconsider your plans, down the road.

Researchers have found that if someone performs goal-setting tasks multiple times over a long period, there is a greater chance of health and productivity improvements.

As a result, you might wish to engage in this sort of exercise on a regular basis, every four, six, or twelve months, as your situation changes.

<Previous (Save)> <Save> <Next>

Congratulations! You are finished.

Thank-you for taking the time to complete this exercise.

Click the 'Finish' button to have a copy of your report emailed to your account e-mail address and your data deleted.

<Previous (Save)> <Save> <Finish>

<Stage 1 & 2 reports are displayed here>

Appendix B:
**Goal-Setting plus Growth Mindset Treatment Module in Dobronyi,
Oreopoulos, and Petronijevic (2017)**

This appendix contains the goal-setting plus growth mindset intervention that students in the goal-setting plus growth mindset treatment completed.

2014-15
TREATMENT TWO
MINDSET MODULE

Start treatment 2: if last student number is (X,X,X)

General Instructions 1

The exercise you have been tasked with involves 2 stages:

- In Stage 1, you will be asked to think about your future.
- In Stage 2, you will be asked to consider strategies for helping you achieve your goals.

Some students may need 1 hour or more to complete the exercise, This may feel long, but is meant to benefit YOU personally so please take your time.

You will need to concentrate and process what you are writing, so try to complete this exercise when you are feeling alert and relatively unrushed. Simply follow the on-screen instructions as you go along. Press the "Next" button to move onto the next screen. If you need to take a short break or two of 5-10 minutes to get up and walk around during the process, please feel free to do so.

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We do encourage you to write in some detail. Research indicates that better results are obtained as the amount written by participants increases.

<Previous (Save)> <Save> <Next (Save)>

Stage 1: Thinking about your future

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Brainstorm. Write whatever comes to mind. Don't worry too much about sentence construction, spelling, or grammar. There will be plenty of time to write polished sentences later. Avoid criticizing what you write. Premature criticism interferes with the creative process.

<Previous (Save)> <Save> <Next (Save)>

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These will include 6 questions such as "what would you like to learn about?", "what habits would you like to improve?". After briefly answer these 6 questions, you will be asked to write for 15 minutes about your ideal future, without editing or criticism. Then you will be asked to write for another 15 minutes on what actions might you be taking now to help achieve your goals.

Let yourself daydream or fantasize. You are trying to put yourself into a state of reverie, which is a form of dream-like thinking that relies heavily on internal imagery. This kind of thinking allows all your different internal states of motivation and emotion to find their voice.

It might be best to concentrate on your future three to five years down the road, although you may have reasons to concentrate on a shorter or longer timespan (eighteen months to ten years).

<Previous (Save)> <Save> <Next (Save)>

1.1. One Thing You Could Do Better

If you could choose only one thing that you could do better, what would it be?

Think and write for at least two minutes, then move on.

[in soft reassuring colored text:]

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<Previous (Save)> <Save> <Next>

1.2. Improve Your Habits

What habits would you like to improve?

- At school?
- At work?
- With friends and family?
- For your health?
- With regards to other habits?

Think and write for at least two minutes, then move on.

[What habits would you like to improve at school?

What habits would you like to improve at work?

What habits would you like to improve with friends and family?

What habits would you like to improve in regards to your health?

What other habits would you like to improve?]

<Previous (Save)> <Save> <Next (Save)>

1.3. Your Leisure Activity in the Future

Take a moment to consider the activities you would like to pursue outside of obligations such as work, family and school. The activities you choose should be worthwhile and personally meaningful.

Without a plan, people often default to whatever is easiest, such as television watching, and waste their private time. If you waste 4 hours a day, which is not uncommon, then you are wasting 1400 hours a year. That is equivalent to 35 40-hour work weeks, which is almost as much as the typical individual spends at his or her job every year.

If your time is worth \$25 per hour, then you are wasting time worth \$35,000 per year. Over a 50-year period, that is \$1.8 million dollars, not counting interest or any increase in the value of your time as you develop.

Describe what your leisure life would be like, if it was set up to be genuinely productive and enjoyable.

Think and write for at least two minutes, then move on.

[Describe what your leisure life would be like, if it was set up to be genuinely productive and enjoyable.]

<Previous (Save)> <Save> <Next (Save)>

1.4. Things to Learn About

What would you like to learn more about, in the next six months? Two years? Five years?

Think and write for at least two minutes, then move on.

[What would you like to learn more about, in the next six months? Two years? Five years?]

<Previous (Save)> <Save> <Next (Save)>

1.5. Your Career in the Future

Much of what people find engaging in life is related to their careers. A good career provides security, status, interest, and the possibility of contributing to the community. Take a moment to consider your school or work careers, or both. Where do you want to be in six months? Two years? Five years? Why? What are you trying to accomplish?.

Think and write for at least two minutes, then move on.

[Where do you want to be in six months? Why? What are you trying to accomplish?

Where do you want to be in two years? Why? What are you trying to accomplish?

Where do you want to be in five years? Why? What are you trying to accomplish?]

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1.6. Qualities You Admire

People you automatically admire have qualities that you would like to possess or imitate. Identifying those qualities can help you determine who it is that you want to be. Take a moment to think about the two or three people you most admire. Who are they? Which qualities do they possess that you wish you had?

Think and write for at least two minutes, then move on.

<Previous (Save)> <Save> <Next (Save)>

The Ideal Future: Complete Summary

Now you have written briefly about your future, and have had some time to consider more specific issues. This step gives you the chance to integrate all the things that you have just thought and wrote about.

Close your eyes. Daydream, if you can, and imagine your ideal future:

- Who do you want to be?
- Who do you NOT want to be?
- What do you want to do?
- Where do you want to end up and where do you not?
- Why do you want these things?
- How do you plan to achieve your goals?
- When will you put your plans into action?

Write about the ideal future that you have just imagined for 15 minutes. Write continuously and try not to stop while you are writing. Don't worry about spelling or grammar. You will have an opportunity to fix your mistakes later.

Dream while you write, and don't stop. Write at least until the 15 minutes have passed. Be ambitious. Imagine a life that you would regard as honourable, exciting, productive, creative and decent.

Remember, you are writing only for yourself. Choose goals that you want to pursue for your own private reasons, not because someone else thinks that those goals are important. You don't want to live someone else's life. Include your deepest thoughts and feelings about all your personal goals.

[in soft reassuring colored text:]

Don't rush - this exercise is for your benefit.

[Who do you want to be?

What do you want to do?

Where do you want to end up?

Why do you want these things?

How do you plan to achieve your goals?

When will you put your plans into action?]

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An Action Plan

Now that you have thought about your future, think about what you can be doing now to help move towards your goals. Think in particular about short and long-term trade-offs, and time management. Consider your goals and write down how your daily or weekly schedule might look like to help achieve them.

Write for at least 15 minutes. Dream while you write, and don't stop. Let yourself form an action plan to get where you want to be.

[]

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Stage 1: The Ideal Future: Preliminary Notes and Thoughts has been completed

You have now realized a vision of your ideal future, and outlined a future that is best avoided. You have developed an action plan

Clicking the "Email Report and Go to Stage 2" link will send your report to your email address provided. This summary will help you with stage 2.

[<Previous \(Save\)>](#) [<Save>](#) [<Email Report and Go to Stage 2 \(Save\)>](#)

[<Stage 1 Report>](#)

Stage 2: Mindset: Introduction

In this stage, read the introduction to mindset below. You will then be asked to recall related experiences, and think about ways you might apply a growth mindset to deal with setbacks or help in trying to reach your goals. This last stage of the exercise should take less than 30 minutes.

A substantial amount of research has revealed that the beliefs about themselves that people bring to new situations and opportunities can have a major influence on how much they learn and how well they do. One of the most important beliefs has to do with personal transformation. Some people assume that most of the factors that will contribute to success of any sort are innate, simply there at birth, and that very little can change that. For such people, failure at anything means they should give up, and look elsewhere for success, or merely accept their failure as a fact of life. Other people assume that effort really matters, and that factors such as talent or intelligence are merely a starting point. These people believe that failure means that they do not currently know enough, and should learn more, or that they have to increase the amount of time and effort spent on that activity.

The primary investigator of the effect of such beliefs is Dr. Carol Dweck of Stanford. She calls the first set of beliefs the “Fixed Mindset.” Her research has indicated that people who believe that ability is unchangeable learn more slowly and fail more – not because they necessarily lack talent or intelligence, but because they assume that poor performance on or outright failure at a task indicates a permanent lack of ability, that no amount of effort will alter. Those who hold the second set of beliefs, by contrast, called the “Growth Mindset” by Dweck, tend to improve their performance on many different types of task over time, and regard failure as an indication of temporary inability, rectifiable by diligent effort and practice.

The Japanese novelist Haruki Murakami writes incisively of his observations about effort, vs pure talent. He describes musicians blessed with “marvelous talent,” but who won’t “make the effort to systematize it. They end up squandering it in little bits in pieces. I’ve seen my share of people like that. At first you think they’re amazing. Like, they can sight-read some terrifically difficult piece and do a damn good job playing it all the way through. You see them do it, and you’re overwhelmed. You think, ‘I could never do that in a million years.’ But that’s as far as they go. They can’t take it any further. And why not? Because they won’t put in the effort.” Another Japanese writer, Toyotomi Hideyoshi, echoes such sentiments: “Sheer effort enable those with nothing to surpass those with privilege and position.” The great genius of the Renaissance, Michelangelo, clearly believed in the utility of effort. He said of his skill “if people knew how hard I had to work to gain my mastery, it would not seem so wonderful, after all.”

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2.1. Mindset Role Model

Think of someone you know who worked very hard to achieve success, and who overcame the obstacles in his or her path with persistent effort. Take about 3 minutes to write a short paragraph about this person:

[]

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2.2. Your own success story

Think of a time when you put some extra effort into something, and surprised yourself with the result. Take about 3 minutes to write about one of these experiences:

[]

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2.3. Improving from failing

Imagine the next time that you get a lower grade on an assignment, or a less than enthusiastic response from someone you are working for. How could you think and act after that happens, so that your performance would likely be better in the future?

[]

What kinds of thoughts or doubts might get in the way of such improvement?

What could you think or do to overcome the negative influence of such thoughts or doubts?

[]

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2.4. Adopting a Growth Mindset

How else might you apply a growth mindset to help achieve your goals?

Examples of Growth Mindsets:

Effort is more important than outcome - if you keep trying, positive outcomes will come
Seeking out the right sized challenges and overcoming them is a path to growth Failure means "I did something wrong, but could change, if I understood why" People should concentrate on improving, instead of accepting they can never change Anyone can learn almost anything, if they put enough effort into it It is satisfying just knowing you are trying your very best to reach your goals, even if you don't always achieve them

[]

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2.5. Future Steps

To help keep your growth mindset and goals top of mind, it is useful to concentrate on a daily or weekly basis on implementing the strategies you have devised, instead of worrying about the goals themselves. It is just as important to stick to a plan, as it is to make a plan.

If you implement your goals, even if they are not perfect, you will learn enough during the implementation phase to make better goals next time. As you continue to repeat the process, you will get wiser and wiser.

Set aside some time every week or two - no more than ten or twenty minutes - to mentally review your performance and your mindset approach. You will gather all sorts of useful information that you can use to reconsider your plans, down the road.

Researchers have found that if someone performs goal-setting and motivational tasks multiple times over a long period, there is a greater chance of health and productivity improvements.

As a result, you might wish to engage in this sort of exercise on a regular basis, every four, six, or twelve months, as your situation changes.

<Previous (Save)> <Save> <Next (Save)>

Congratulations! You are finished.

Thank-you for taking the time to complete this exercise.

Click the 'Finish' button to have a copy of your report emailed to your account e-mail address and your data deleted.

<Previous (Save)> <Save> <Finish>

Appendix C:

Personality Test Module in Dobronyi, Oreopoulos, and Petronijevic (2017)

This appendix contains the personality test that students in the control group completed.

2014-15
CONTROL GROUP
PERSONALITY
ASSESSMENT

Start control: if last student number is (X,X,X,X)

<Thank you for completing the survey. Please continue with the exercise below>

Personality Assessment

The exercise you have been tasked with involves learning about your personality traits. You will be asked to answer a number of questions about yourself. When you finish, you will be emailed a custom report, describing your personality.

The general consensus in psychology is that there are five fundamental personality traits that are independent from one another (knowing someone's level of one trait gives you no information about their level on any of the others).

The report you will receive rank-orders these five traits within your own personality, so that you will know which are, personally, the most and least dominant. The test is structured in such a way that your most and least dominant traits are separated as much as possible, so that potential strengths and weaknesses can be highlighted.

You will need to concentrate and process the questions being asked, so try to complete this exercise when you are feeling alert and relatively unrushed. The more thoughtful answers you provide, the more accurate the information produced.

When you complete the exercise, the web site will say 'Thank-you!' and you will be emailed a report within one or two days indicating your personality trait scores across all five traits. There are no right or wrong answers. Take your time.

NOTE: On the next page, you will be asked your name and email again before you begin the exercise.

<Next>

Personality Assessment

Personality 1:

Here are some descriptions that may apply to your personality. All the descriptions are presented in groups of 5. Some of the descriptions will apply very well to you. Some will apply less well. Please rank-order all the descriptions, in the order that they apply to you (with the most like you being at the top). **Press "Up" and "Down" to change the order of the items.**

Have excellent ideas
Have a soft heart.
Am not easily bothered by things.
Start conversations.
Get chores done right away.

Am hard to get to know.
Am quiet around strangers.
Change my mood a lot.
Have difficulty imagining things.
Neglect my duties.

In control of emotions.
Carry the conversation to a higher level.
Know how to comfort others.
Know how to captivate people.
Continue until everything is perfect.

Insult people.
Leave my belongings around.
Have difficulty understanding abstract ideas.
Often feel uncomfortable around others.
Get stressed out easily.

Make a mess of things.
Am not interested in other people's problems.
Worry about things.
Am not interested in abstract ideas.
Keep in the background.

Feel others' emotions.
Don't mind being the center of attention.
Seldom get mad.
Use difficult words.
Follow a schedule.

Am indifferent to the feelings of others.
Waste my time.
Have frequent mood swings.
Avoid difficult reading material.
Find it difficult to approach others.

Have little to say.
Do not have a good imagination.
Am easily disturbed.
Feel little concern for others.
Often forget to put things back in their proper place.

Make plans and stick to them.
Difficult to offend.
Catch on to things quickly.
Love children.
Feel at ease with people.

Get upset easily.
Try to avoid complex people.
Don't like to draw attention to myself.
Shirk my duties.
Am not really interested in others.

Am a very private person.
Leave a mess in my room.
Put myself first.
Get angry easily.
Do things the conventional way.

Can handle a lot of information.
Do not get caught up in my problems.
Am skilled in handling social situations.
Am on good terms with nearly everyone.
Love order and regularity.

Am exacting in my work.
Spend time reflecting on things.
Make friends easily.
Rarely or never panic.
Make people feel at ease.

Don't talk a lot.
Get irritated easily.
Will not probe deeply into a subject.
Do things in a half-way manner.
Am quite critical of others.

Pay attention to details.
Have a vivid imagination.
Seldom feel blue.
Sympathize with others' feelings.
Feel comfortable around people.

Am interested in people.
Am relaxed most of the time.
Am always prepared.
Have a rich vocabulary.
Am the life of the party.

Do not really like to read challenging material.
Often feel blue.
Do not generally show gratitude.
Find it difficult to get down to work.
Bottle up my feelings.

Am quick to understand things.
Talk to a lot of different people at parties.
Rarely get irritated.
Like order.
Take time out for others.

Am full of ideas.
Take charge.
Do things according to a plan.
Inquire about others' well-being.
Not threatened by much.

Infrequently help others.

Am good at a narrow range of things.

Wait for others to lead the way.

Grumble about things.

Do not like to tidy up.

Personality 2:

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 5 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 5 that are the most accurate.

- Get stressed out easily.
- Hold back my opinions.
- Am not interested in other people's problems.
- Keep in the background.
- Make a mess of things.
- Am often down in the dumps.
- Leave my belongings around.
- Rarely look for a deeper meaning in things.
- Make demands on others.
- Am filled with doubts about things.
- Often feel uncomfortable around others.
- Have difficulty understanding abstract ideas.
- Suspect hidden motives in others.
- Dislike learning.
- Am not interested in abstract ideas.
- Take tasks too lightly.
- Keep others at a distance.
- Worry about things.
- Insult people.
- Leave things unfinished.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 10 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 10 that are the most accurate.

- Am always prepared.
- Accept people as they are.
- Am not easily frustrated.
- Rarely complain.
- Am the life of the party.
- Am easy to satisfy.
- Pay attention to details.
- Seldom feel blue.
- Sympathize with others' feelings.
- Carry out my plans.
- Can say things beautifully.
- Try to follow the rules.
- Cheer people up.
- Have a rich vocabulary.
- Believe in the importance of art.
- Feel comfortable around people.
- Warm up quickly to others.
- Am relaxed most of the time.
- Have a vivid imagination.
- Am interested in people.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 10 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 10 that are the most accurate.

- Keep my cool.
- Get chores done right away.
- Am not easily bothered by things.
- Rarely get irritated.
- Believe laws should be strictly enforced.
- Talk to a lot of different people at parties.
- Have excellent ideas.
- Am very pleased with myself
- Take time out for others.
- Show a mastery of language.
- Love action.
- Am quick to understand things.
- Get excited by new ideas.
- Enjoy being part of a group.
- Am concerned about others.
- Have a soft heart.
- Like order.
- Accomplish my work on time.
- Start conversations.
- Appreciate the viewpoints of others.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 5 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 5 that are the most accurate.

- Keep my thoughts to myself.
- Feel little concern for others.
- Dislike myself.
- Do not like poetry.
- Put off unpleasant tasks.
- Get upset easily.
- Don't like to draw attention to myself.
- Have little to say.
- Believe that too much tax money goes to support artists.
- Believe that I am better than others.
- Am not really interested in others.
- Find fault with everything.
- Leave my work undone.
- Shirk my duties.
- Do not have a good imagination.
- Am easily disturbed.
- Often forget to put things back in their proper place.
- Don't like crowded events.
- Am often in a bad mood.
- Try to avoid complex people.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 5 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 5 that are the most accurate.

- Am out for my own personal gain.
- Infrequently help others.
- Feel that I'm unable to deal with things.
- React slowly.
- Contradict others.
- Am easily intimidated.
- Get angry easily.
- Jump into things without thinking.
- Am good at a narrow range of things.
- Do not like to tidy up.
- Am a very private person.
- Put myself first.
- Break rules.
- Wait for others to lead the way.
- Do things the conventional way.
- Do not enjoy going to art museums.
- Grumble about things.
- Leave a mess in my room.
- Avoid crowds.
- Avoid philosophical discussions.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 5 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 5 that are the most accurate.

- Need a push to get started.
- Have difficulty expressing my feelings.
- Am quiet around strangers.
- Neglect my duties.
- Have a low opinion of myself.
- Skip difficult words while reading.
- Have a sharp tongue.
- Am hard to get to know.
- Change my mood a lot.
- Do not like art.
- Do just enough work to get by.
- Have difficulty imagining things.
- Find it difficult to approach others.
- Have frequent mood swings.
- Waste my time.
- Get back at others.
- Am indifferent to the feelings of others.
- Fear for the worst.
- Avoid difficult reading material.
- Retreat from others.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 10 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 10 that are the most accurate.

- Love large parties.
- Don't get caught up in my problems.
- Make plans and stick to them.
- Am always on the go.
- Enjoy wild flights of fantasy.
- Am skilled in handling social situations.
- Feel at ease with people.
- Love children.
- Treat all people equally.
- Love order and regularity.
- Catch on to things quickly.
- Do things by the book.
- Feel comfortable with myself.
- Am on good terms with nearly everyone.
- Trust what people say.
- Enjoy thinking about things.
- Difficult to offend.
- Can handle a lot of information.
- Remain calm under pressure.
- Follow through with my plans.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 10 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 10 that are the most accurate.

- Finish what I start.
- Am never at a loss for words.
- Feel others' emotions.
- Rarely or never panic.
- Seldom get mad.
- Make people feel at ease.
- Take things as they come.
- Am open about my feelings.
- Use difficult words.
- Complete tasks successfully.
- Believe that others have good intentions.
- Spend time reflecting on things.
- Make friends easily.
- Respect others.
- Enjoy hearing new ideas.
- Don't mind being the center of attention.
- Am exacting in my work.
- Rarely lose my composure.
- Make insightful remarks.
- Follow a schedule.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 5 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 5 that are the most accurate.

- Feel desperate.
- Do not really like to read challenging material.
- Do not generally show gratitude.
- Would describe my experiences as somewhat dull.
- Take no time for others.
- Will not probe deeply into a subject.
- Hold a grudge.
- Don't put my mind on the task at hand.
- Do things in a half-way manner.
- Don't see things through.
- Bottle up my feelings.
- Am not interested in theoretical discussions.
- Am afraid that I will do the wrong thing.
- Have a poor vocabulary.
- Get irritated easily.
- Am quite critical of others.
- Don't talk a lot.
- Find it difficult to get down to work.
- Avoid contacts with others.
- Often feel blue.

Here are some descriptions that may apply to your personality. Some of the descriptions will apply very well to you. Some will apply less well. Please select the 10 descriptions below that apply the most to you. Even if you don't feel that the terms describe you very well, please select the 10 that are the most accurate.

- Readily overcome setbacks.
- Am careful to avoid making mistakes.
- Try to understand myself.
- In control of emotions.
- Seek adventure.
- Continue until everything is perfect.
- Respect others' feelings.
- Like to be of service to others.
- Carry the conversation to a higher level.
- Inquire about others' well-being.
- Use my brain.
- Seldom take offense.
- Know how to comfort others.
- Know how to captivate people.
- Not threatened by much.
- Love excitement.
- Am full of ideas.
- Take charge.
- Like to plan ahead.
- Do things according to a plan.

Congratulations, you are finished! A report has been emailed to you.

Sample Output of Personality Trait Test Sent to Student

Big Five Personality

Report:

First Name

Last Name

Time Taken 9/7/2010 7:51:59 AM

Extraversion

Individuals higher in extraversion have a positive outlook and are socially engaged. They tend to communicate enthusiastically. Extraverts typically prefer highly social jobs, such as sales. Individuals lower in extraversion may prefer to work with smaller numbers of people or alone. They may also be good at listening.

Score = 82.9 Percentile

RANKING 2 FOR Extraversion: Very High

Very outgoing, social, dominant and status-seeking
Highly talkative, happy and active
Especially excitement-oriented and impulsive
Very energetic and group-oriented
Very much suited to sales, promotion and other social jobs
Will not enjoy working alone or being isolated
Better performer if high in conscientiousness; but worse if low
Highly active social life

Agreeableness

Individuals higher in agreeableness are warm, empathetic, polite and sympathetic. They are good at cooperating in teams. They may be suited to customer service or public relations positions, where the maintenance of good feelings are important. Individuals lower in agreeableness are tough-minded and more combative.

Score = 67.4 Percentile

RANKING 3 FOR Agreeableness: Above Average

Considers compassion and politeness as necessary
Regards modesty, trust and being nice as important
Ranks empathy and understanding as significant
Appears generous and understanding
Somewhat unlikely to enforce standards if people's feelings will be hurt
May be taken advantage of on occasion
Somewhat likely to avoid conflict (particularly if low in conscientiousness)

Stress Tolerance

Individuals with high levels of stress tolerance are less upset by threat, punishment, frustration, disappointment and uncertainty. Stress tolerance also appears important across job types.

Score = 42.1 Percentile

RANKING 4 FOR Stress Tolerance: Below Average

Intermittently anxious, unhappy or angry

Occasionally likely to complain

Reasonably able to tolerate uncertainty, stress and pressure

Moderately difficult to upset

Reasonable recovery if stressed, uncertain or unhappy

Moderately likely to become irritated or hurt

Conscientiousness

Conscientious individuals are persistent and orderly. They tend to do what they say they will do.

Conscientiousness appears important across job type

Score = 36.3 Percentile

RANKING 4 FOR CONSCIENTIOUSNESS: Below Average

Considers achievement of reasonable importance

Regards working hard and performing well as moderately significant

Ranks competence, orderliness and organization as fairly important

Appears reasonably concerned with meeting responsibilities

Appears moderately self-disciplined and orderly

Generally thinks things over before acting

Sets moderate standards and attains them

Will generally carry tasks out to completion

Openness

Individuals higher in openness are creative. They are interested in many things, and can generate new ideas. Individuals lower in openness tend to be more conservative, and appreciate stability and tradition.

Score = 21.2 Percentile

RANKING 5 FOR Openness: Well Below Average

Considers open-mindedness and creativity less important

Ranks imagination as less significant

Appears relatively conventional and traditional in thoughts and views

Reports less interest in art, literature and music

Appears more conventional and traditional in dress, action and attitudes

Reports less need for novelty and variety

May enjoy routine and rote occupations

Ranks interest in abstract ideas as lower

Note

This report does not provide information about an individual's basic cognitive capacity, acquired skills, or education, which are all additionally important determinants of productive capacity.

These additional determinants should be taken into account when making any important decisions about a given individual's attributes.

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Appendix D:

Text and Email Message Catalogue for Dobronyi, Oreopoulos, and Petronijevic (2017)

This appendix catalogues all text message and email reminders sent to students in our reminder treatment groups.

As a point of clarification, when we refer to students' goals in the messages, we use the following notation: {goal_1= "Our text here"}. Our message-deployment platform was coded such that this notation would auto-populate for each student either (i) the first goal they wrote down in the goal-setting intervention or, (ii) if that goal was missing, it would auto-populate "Our text here". In the message below, we chose this text to reflect uplifting and motivating goals we thought most students would share, such as "pursuing a career path you think will provide you with happiness and fulfilment". By changing the number after the underscore, we could auto-populate any of the six goals students provided during the goal-setting exercise.

Introductory Message

Email Subject: ECO100 Warm Up Reminders

Reminder SMS: Welcome {first_name}! It's the ECO100 Warm-Up-Team. We'll be sending you information and motivation to help you have a great year. Save our number so you know it's us.

Reminder Email: Welcome {first_name}! It's the ECO100 Warm-Up-Team. We'll be sending you information and motivation to help you have a great year, so don't be surprised when we email again. Our messages will be short and sweet. We're looking forward to helping you succeed!

Week of September 15, 2014

Academic Reminder:

Email Subject: A Study Tip for Loving Lectures

Reminder SMS: ECO100WarmUp Study Tip: Preparing for lecture makes it easier to follow along and is a great way to improve performance. Even 30 mins can help. Try reviewing relevant material before every class.

Reminder Email: Hi {first_name}. There's consensus among UTM instructors that students who prepare for lectures by reading ahead perform better. If your instructors have told you what they will be covering ahead of time, try taking some time before every lecture to review the material. You can also try talking with your classmates about the best way to prep. Sharing ideas about course material can be a very effective learning tool.

Motivational Reminder:

Email Reminder Subject: Some Keys to Success to Help You Start the School Year

Reminder SMS: ECO100WarmUp Keys to Success: We think you'll like this 3 minute video about Keys to Success: http://www.ted.com/talks/richard_st_john_s_8_secrets_of_success. What ones are you using?

Reminder Email: Many successful people report 8 keys to their success. We think you'll like this video that tells you what they are:

http://www.ted.com/talks/richard_st_john_s_8_secrets_of_success

What are keys to your success?

Goal Reminder:

Email Subject: Remember what matters

Reminder SMS: ECO100WarmUp Goal Reminder: Take time to reflect on your progress toward your goals, like: {goal_1=assessing your understanding of course material}. Students who self-asses are more likely to stay on track.

Reminder Email: Hi {first_name}. Try taking sometime this week to reflect on your progress toward your goals, like: {goal_1= assessing your understanding of course material}. Give some thought to how you've been doing and the obstacles that have arisen so far. Remembering what matters is an effective strategy for dealing with challenges and staying on track.

Week of September 22, 2014

Academic Reminder (Monday):

Email Subject: Studying Beyond the Lecture

Text SMS: ECO100WarmUp Study Tip: Students who devote about 3 hours of studying per 1 hour of lecture tend to perform really well. Don't just memorize material - really try to understand it so that you could discuss with or teach others. You'll enjoy the time more too!

Reminder Email: Hi {first_name}. Students who are able to devote about 3 hours of studying per 1 hour of lecture each week tend to do really well. If you're taking a full course load (5 courses), do your best to treat it as a full-time job, studying about 40 hours per week. There's no doubt university is hard work, but approaching it with this kind of organization can have a huge payoff. Remember: spend the time building a foundation of knowledge and arousing your interest, not memorizing the material -- you'll get much more out of it and won't need to cram when exams come around.

Motivational Reminder (Wednesday):

Email Subject: How to predict your future...

Reminder SMS: ECO100WarmUp Inspiration: "The best way to predict your future is to create it." — Abraham Lincoln. Be proactive about creating the future you want and enjoy the journey along the way!

Reminder Email: Abraham Lincoln would have been a great UTM Instructor. He once said:

"The best way to predict your future is to create it."

Try making it a daily or weekly routine to think about the future you want. Go for your goals and enjoy the journey along the way!

Goal Reminder (Friday):

Email Reminder Subject: Checking in with Yourself

Reminder SMS: ECO100WarmUp Goal Reminder: In your busy world, take time to relax, feel grateful, and think about your goals, like {goal_2=pursuing a career path you think will provide you with happiness and fulfilment}.

Reminder Email: Hi {first_name}. Have you given some time to yourself this week to relax and feel grateful? Treat yourself well and remember to think occasionally about your future goals, like {goal_2= pursuing a career path you think will provide you with happiness and fulfilment }. Reflecting on how

things are shaping up and what the near future will look like should help you stay focused on what really matters to you.

Week of September 29, 2014

Academic Reminder (Monday):

Email Reminder Subject: The (often neglected) benefits of tutoring help

Reminder SMS: ECO100WarmUp Tutoring Tip: Students usually benefit tremendously from one-on-one or small-group tutoring. Yet most professors at UTM are surprised by how few students come see them or take advantage of other freely available help. Read our email this week to find out more about going to office hours and taking advantage of many other resources available to you.

Email Reminder: Hi {first_name}. Our academic tip is a bit longer this week, but we think you will find the information more useful the sooner you get it.

Students often see a tremendous benefit from one-on-one or small-group tutoring. Regularly attending TA and professor office hours allows you to understand concepts early and keep building on that knowledge. Yet most professors at UTM are surprised by how few students take advantage of the opportunity to receive one-on-one help.

Remember that course material is cumulative, so when you're unsure about something, solve the problem before it gets bigger by attending office hours to clarify concepts. Try making it a weekly routine to go over course material, prepare questions, and attend office hours. If you can't make it to the scheduled hours, feel free to email your instructors to set up an appointment. Your profs are here to help you, and most really appreciate being able to get to know their students beyond the lecture room.

There is also tutoring and drop-in help available to you:

For economics courses, visit the 'drop in' office hours in the hallway of office KN 114B, where you'll usually find a TA going over course material with students.

For group sessions on psychology courses, see here: <http://pause.sa.utoronto.ca/>

For help in your math courses, see here: <http://www.utm.utoronto.ca/math-cs-stats/current-students/math-help-room-schedule>

For English course office hours, see here: <http://www.utm.utoronto.ca/english-drama/student-resources/faculty-and-instructor-office-hours>

For personalized help with Philosophy essays, see here: <http://www.utm.utoronto.ca/iframe/philosophy>

For group help in chemistry and physics course, see here:
<https://www.utm.utoronto.ca/cps/undergraduate/resources/student-clubs>

There are many wonderful resources to use the moment you feel like you don't quite understand something. Try out a few and see if you notice an improvement.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Motivational Reminder (Wednesday):

Email Reminder Subject: A Mindset for Success

Reminder SMS: We think you'll like this video about why, when it comes to success, attitude matters far more than talent:

<http://tedxtalks.ted.com/video/Social-Media-Changing-Learning>

Email Reminder: People with a growth mindset believe that their abilities can always be improved through dedication and hard work. People with a fixed mindset believe their talent can never change.

Watch this video to learn how a growth mindset helps create a love of learning and an appreciation for the need to suffer setbacks in order to accomplish great things.

<http://tedxtalks.ted.com/video/Social-Media-Changing-Learning>

Notice all of the examples where mindsets are important, and remember that you can always change yours. Try being aware of and adjusting your mindset when you face your next challenge.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Motivational Reminder (Friday):

Email Reminder Subject: Get Your Grit On

Reminder SMS: ECO100Warmup Inspiration: We think you'll like this short video on the importance of staying committed to long-run goals:

http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit?language=en#t-14648.

How are you staying committed to your goals?

Reminder Email: Hi {first_name}. Staying committed to goals over a long period is a trait many successful individuals share. Take a look at this short video on the power of long-term persistence:

http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit?language=en#t-14648

How are you staying committed to you goals?

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of October 6, 2014

Academic Reminder (Monday):

Email Reminder Subject: Planning for Success

Reminder SMS: ECO100WarmUp Planning Tip: The schedule of a university student can feel hectic sometimes, but making a detailed work schedule for yourself can be a wonderful way to reduce stress and avoid feeling rushed. Check out our email reminder this week for a suggestion on how to plan for success.

Email Reminder: Hi {first_name}. With mid-terms just around the corner (or having already started), it is important to try to plan when you will prepare for exams and complete your assignments. The schedule of a university student can certainly feel hectic sometimes, but it can be made much less stressful by booking specific times for specific tasks.

Here is what we recommend: Look at your course syllabi and write down all of your important deadlines on a calendar. For each week, come up with a list of tasks that you'll need to do in order to successfully complete your assignments and prepare for your exams. Assign these tasks across the different days in the week. You might even try assigning tasks to particular times of the day.

Students who adopt this type of approach feel less rushed and stressed, as they know exactly what needs to get done and when they're going to do it. And remember: deviations from the plan are OK. Unexpected things always happen, and when they do, all you'll need to do is restructure your schedule slightly, moving the uncompleted tasks to a slot where you have some free time.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Motivational Reminder (Friday):

Email Reminder Subject: Succeeding because of failure

Reminder SMS: ECO100Warmup Inspiration: "Failure is simply the opportunity to begin again, this time more intelligently." -- Henry Ford. When you get a disappointing outcome, write down at least one thing you could do differently next time. If you do, you're already closer to succeeding than you were before.

Reminder Email: Hi {first_name}. Some of the most successful people in recent history suffered huge failures when they were first starting on their journeys. To see who, check out this short video:

<https://www.youtube.com/watch?v=hZBCI13rJmA>

Remember that learning is not possible without failure along the way. We all fail sometimes, but there are lessons to be learned from these experiences. When you get a disappointing outcome, write down at least one thing you could do differently next time. If you do, you're already closer to succeeding than you were before.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of October 13, 2014

Tuesday October 14 (Academic Reminder)

Email Reminder Subject: A website you should know about

Reminder SMS: ECO100WarmUp Resource-Support Tip: UTM has many Academic Resources that students are often unaware of. Are there any that you don't know about but should? One link lists them all: <http://www.utm.utoronto.ca/dean/undergraduates/academic-resources>

Reminder Email: Hi {first_name},

UTM has many Academic Resources meant to help with every aspect of your undergraduate experience, including course-specific support, stress-management, writing advice, and past exams.

Workshops and study groups are offered to help you study smarter, learn more, get better grades, and even have more fun. At least try one before thinking you're too rushed to take advantage of them. They might even save you time in the long run.

Bookmark this page and take a look:

<http://www.utm.utoronto.ca/dean/undergraduates/academic-resources>

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday October 17 (Academic Reminder)

Email Reminder Subject: Practice Problems

Reminder SMS: ECO100WarmUp Practice Problem Tip: When you're going through past test questions or practice problems, only look at the solutions after you've written down your own answer; then look at the solution with the aim of deeply understanding exactly where you were correct or incorrect. Students who just memorize solutions leave themselves vulnerable to small variations to questions on tests. Taking the time to understand is a far more effective strategy.

Reminder Email: Hi {first_name},

Do your professors provide you with answers to past test questions or practice problems?

You'll get far more out of them if you study the material first and try the problem *before* looking at the solutions. When you're doing practice problems, try not to look at the solutions until you've written down an answer; then look at the solution with the aim of deeply understanding exactly where you were correct or incorrect. Attempt the same problem again a few hours or days later with the aim of improving your knowledge.

If you're studying using past exams that don't have solutions, collaborative study with peers can be an excellent way to develop a deep understanding of course material. But remember: don't just aim to use the group to get an answer that you can memorize; instead, aim to understand why the answer is what it is.

Students who just memorize leave themselves vulnerable to small variations to questions during tests or exams. Many make this mistake. Taking the time to understand deeply is a far more effective strategy.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of October 20, 2014

Monday October 20 (Goals Reminder)

Email Reminder Subject: Reflecting on the journey

Reminder SMS: ECO100WarmUp Reflection Tip: Take some time to reflect on the obstacles to reaching your goals, like {goal_3=being part of an uplifting social network}. After a few weeks of school, have your thoughts on these obstacles changed? Assessing and adjusting to new information can really help you stay on track.

Reminder Email: Hi {first_name},

Now that you've been in school a few weeks, take some time to reflect on the obstacles to reaching your goals, like {goal_3=being part of an uplifting social network}. Are there more or less of these obstacles than you originally thought? Have some changed? Assessing the challenges that might arise and thinking about creative solutions is a great way to make sure your on track.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday October 24 (Academic Reminder)

Email Reminder Subject: Take notes AFTER the lecture

Reminder SMS: ECO100WarmUp Lecture Notes Tip: Try to schedule even a little time after your lectures to review, organize, and re-write your notes. Students who do build a stronger understanding and need to cram less for exams.

Reminder Email: Hi {first_name},

Students who review their notes soon after a lecture tend to build a stronger understanding of course material and need to cram less for tests and exams. Try to schedule time after your lectures to review and, if necessary, re-write your notes. Make sure your notes are neat and even consider using different colours to distinguish and organize important concepts. Reviewing with a group of peers can also be very beneficial, as you'll fill in the gaps for each other.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of October 27, 2014

Monday October 27 (Academic Reminder)

Email Reminder Subject: One of the best things you can do to help study is...

Reminder SMS: ECO100WarmUp Study Tip: One of the best things you can do to help study is avoid distraction: find a quiet, clean place to focus, turn off your phone, decide what you want to accomplish, and reward yourself with breaks. Avoiding distraction helps you become interested in the material, get better grades, and take pride in your work.

Reminder Email:

Hi {first_name},

One of the best things you can do to help study is avoid getting distracted. It happens so often in a fast-moving world with cell phones, internet, and entertainment opportunities. But don't lose sight of what's important. You'll be more productive and more motivated by taking control of how you study.

Try things like finding a quiet, clean place to focus, turning off your phone, deciding what you want to accomplish, and rewarding yourself with breaks.

Avoiding distraction helps you become interested in the material, get better grades, and take pride in your work. With patience and focus, you're capable of great things.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday October 31 (Motivation Reminder)

Email Reminder Subject: A Positive Perspective on Mistakes

Reminder SMS: ECO100WarmUp Mindset Quote: "Show me someone who has never failed and I will show you someone who has never tried." Sometimes we face difficult circumstances and make mistakes. Here's a great short video about how to effectively deal with these situations:

<https://www.facebook.com/video.php?v=10204640263424600&fref=nf>

Reminder Email: Hi {first_name},

"Show me someone who has never failed and I will show you someone who has never tried."

Sometimes we face difficult circumstances and make mistakes. Here's a great short video about how to effectively deal with these situations:

<https://www.facebook.com/video.php?v=10204640263424600&fref=nf>

Do you think you could better deal with some of the challenges you're currently facing if you adopt a similar perspective?

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of November 3, 2014

Monday November 3 (Academic Reminder)

Email Reminder Subject: Taking advantage of Facilitated Study Groups

Reminder SMS: ECO100WarmUp Tip: The Academic Skills Center offers weekly Facilitated Study Groups for many first year courses. These groups focus on developing a deeper understanding of course material by facilitating peer discussion and helping students structure their routines. Check out this link to learn more:

<http://www.utm.utoronto.ca/asc/undergraduate-students/peer-facilitated-study-groups-fsgs>

Reminder Email:

Hi {first_name},

Do you think you could benefit from some extra review of class concepts beyond tutorials and lectures? The Academic Skills Centers offers weekly Facilitated Study Groups (FSGs) for many first year courses, which you are free to attend.

FSGs are course-specific, group-study sessions led by senior undergraduate students. Group sessions are focused on getting students to form a deeper understanding of course material by engaging in peer discussion, developing and evaluating study strategies, and helping students structure their study routines.

For more information about these groups, check out this link:

<http://www.utm.utoronto.ca/asc/undergraduate-students/peer-facilitated-study-groups-fsgs>

You may also want to bookmark the schedule for Fall 2014:

<http://www.utm.utoronto.ca/asc/sites/files/asc/public/shared/FSG%20Fall%202014%20Schedule.pdf>

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday November 7 (Motivation Reminder)

Email Reminder Subject: Expect great things from yourself

Reminder SMS: ECO100WarmUp Self-Expectations Quote: "You must expect great things of yourself before you can do them." -- Michael Jordan.

Reminder Email:

Hi {first_name},

The expectations we set for ourselves so often help define what we are able to accomplish.

Michael Jordan once said, "You must expect great things of yourself before you can do them."

More than two thousand years before him, Confucius said, "He who says he can and he who says he can't are both usually right."

Try developing your own expectations by making it a daily routine to think about your goals and the strategies you'll use to achieve them.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of November 10, 2014

Monday November 10 (Academic Reminder)

Email Reminder Subject: Writing Well

Reminder SMS: ECO100WarmUp Writing Tip: "Easy writing makes hard reading." -- Ernest Hemingway. Even legendary writers know that writing is not easy. But you can always improve your writing skills with practice and feedback. It's a lifetime skill worth improving. The Academic Skills Center wants to help you become a great writer. For more info, check out this link:

<http://www.utm.utoronto.ca/asc/undergraduate-students/skills-and-writing-workshops>

Reminder Email:

Hi {first_name},

Many university students doubt their writing skills and, as a result, get stressed out about writing assignments. But even the best writers of all time know that good writing is not easy. Consider what the legendary writer Ernest Hemingway said: "Easy writing makes hard reading."

Developing your writing skills takes time, effort, and persistence. But it's worth the investment, as being able to effectively communicate your ideas will work to serve you well throughout university and in your career.

If you're looking for a way to start improving your writing skills, take a look at all of the writing services the UTM Academic Skills Center offers: <http://www.utm.utoronto.ca/asc/undergraduate-students/skills-and-writing-workshops>.

Always reread your work and reedit until you are proud to share, and always get others to reread and provide feedback.

If you're worried about properly citing your work, you can learn more about the different citation styles at the UTM library: <http://library.utm.utoronto.ca/research/citation>

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday November 14 (Goal Reminder)

Email Reminder Subject: Reflecting during busy times

Reminder SMS: ECO100WarmUp Reflection Tip: When you're busy with studying and assignments, checking in with yourself can make all the difference in assuring that your day-to-day actions are in line with your plans for the future. Take some time to pause and reflect on the goals that are important to you. Stay on track and enjoy the journey.

Reminder Email:

Hi {first_name},

There are a few more weeks left in this semester and coursework is in full swing. It's so easy to get consumed by such a busy schedule. During times like these, checking in with yourself can make all the difference in assuring that your day-to-day actions are in line with your plans for the future. Plan ahead to avoid feeling swamped and rest when you can.

To make sure you're still on the track you want, take some time to pause and reflect on the goals that are important to you, like {goal_4=leading a happy and healthy lifestyle}.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of November 17, 2014

Monday November 17 (Academic Reminder)

Email Reminder Subject: Problem-Solving Strategy

Reminder SMS: ECO100WarmUp Problem-Solving Tip: "If you can't solve a problem, there's an easier problem you can solve: find it."

Reminder Email:

Hi {first_name},

"If you can't solve a problem, then there is an easier problem you can solve: find it."

When you find yourself struggling with practice problems, an effective strategy some students use is to create an easier version of the problem that they can solve. The insights gained by working through the simpler problem often begin to point toward ideas for solving the original problem.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday November 21 (Motivation Reminder)

Email Reminder Subject: Be nice to yourself!

Reminder SMS: ECO100WarmUp Mindset Tip: Be nice to yourself! Check out this short video that describes the mindsets of successful people: <https://www.youtube.com/watch?v=0LfM9ZPGmVY>

Reminder Email:

Hi {first_name},

When pursuing our dreams and ambitions, how we talk to ourselves is incredibly important. Successful and unsuccessful people often engage in very different thinking habits when facing challenges. Check out this short video to learn more about these differences:

<https://www.youtube.com/watch?v=0LfM9ZPGmVY>

Do you think you could benefit from trying to change your mindset when you're going after your goals?

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of November 24, 2014

Monday November 24 (Academic Reminder)

Email Reminder Subject: Examining Your Exam Schedule

Reminder SMS: ECO100WarmUp Exam-Prep Tip: Making a detailed work schedule for yourself during the exam period is a great way to reduce stress and avoid feeling rushed. Check out our email reminder this week for a suggestion on how to successfully get through exams.

Reminder Email:

Hi {first_name},

The exam period is only two weeks away. A great way to improve your exam performance is to look at your schedule and carefully plan ahead.

Here's a suggested strategy:

Write down all of your exam dates and assignment deadlines on a calendar. Then take some time to honestly assess your knowledge of material in each course and how far along you are with each assignment. After this, you should have a good idea of what you need to do -- and how much time you have to do it -- in order to perform well.

Now you need to decide when you're going to these tasks. Plan ahead by mapping out a list of tasks for each day that, if completed, will take you where you want to be. Try your best to stick to your schedule but don't panic if you get off course; just re-arrange your schedule a little to get back on track.

And make sure to view adequate sleep as a way to help as well.

Students who adopt this type of approach feel less rushed and stressed, because they know exactly what needs to get done and when they're going to do it.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday November 28 (Motivation and Inspiration Reminder)

Email Reminder Subject: Read this email later

Reminder SMS: ECO100WarmUp Tip: Procrastinate to learn how not to procrastinate by watching this short video now: <http://www.brainpickings.org/2012/09/21/the-science-of-procrastination/>

Reminder Email:

Hi {first_name},

Avoid procrastinating while you prepare for exams.

Check out this short video and discover science-based approaches for helping overcome the problem and achieving your long-term goals.

<http://www.brainpickings.org/2012/09/21/the-science-of-procrastination/>

Now that you've procrastinated to learn how to stop procrastinating, get back to work! ;-)

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of December 1, 2014

Monday December 1 (Goal Reminder)

Email Reminder Subject: Remember what's important

Reminder SMS: ECO100WarmUp Goal Reminder: During the winter break, remember to take some time to reflect on the goals you have set for yourself, like {goal_1=leading a happy and healthy lifestyle}, {goal_2= being part of an uplifting social network}, or {goal_3=pursuing a fulfilling career path}.

Reminder Email:

Hi {first_name},

As you head into the exam period and the holiday break, remember to take some time to reflect on the goals you have set for yourself, like {goal_1=leading a happy and healthy lifestyle}, {goal_2= being part of an uplifting social network}, or {goal_3=pursuing a fulfilling career path}.

After a full semester of school, you've probably learned a lot about the challenges you face on your journey. The holiday break is an excellent opportunity to reflect on your goals, the obstacles to achieving them, and your strategies for getting around those obstacles. Take the time to think about how you can be more effective and stay on track.

Best of luck on your exams!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Wednesday December 3 (Motivation and Inspiration Reminder)

Email Reminder Subject: Some Inspiration Going into Exams

Reminder SMS: ECO100WarmUp Inspiration: "Just believe in yourself. Even if you don't, pretend you do and, at some point, you will." -- Venus Williams, 7-time Grand Slam Champion and Former World Number 1 Ranked Tennis Player.

Reminder Email:

Hi {first_name},

"You don't set out to build a wall. You don't say, I'm going to build the biggest, baddest, greatest wall that's ever been built. You don't start there. You say, I'm going to lay this brick as perfectly as a brick can be laid. You do that every single day. And soon you have a wall." — Will Smith

It's easy to sometimes get overwhelmed at the thought of getting through the entire exam period. But try not to look at it as one big, difficult task. Instead, stay calm and stay on track by setting yourself a plan and proceeding in small steps. By completing all of the small steps, you'll eventually get to where you want to be!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Special Holiday Message

Friday December 19 (Motivation and Inspiration Reminder)

Email Reminder Subject: Enjoy the break!

Reminder SMS: The ECO100 Warm-up-Team wishes you a very happy holiday break! Enjoy your well-deserved time off. Relax, do things that make you happy, and get excited about what's to come.

Reminder Email:

"Be happy with what you have. Be excited about what you want." -- Alan Cohen.

Hi {first_name},

The ECO100 Warm-up-Team wishes you a very happy holiday break! Enjoy your well-deserved time off. Relax, do things that make you happy, and get excited about what's to come.

We'll talk to you again in second semester.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of January 5, 2015

Monday January 5 (Academic Reminder)

Email Reminder Subject: Reflecting on the past to get excited about the future

Reminder SMS: ECO100WarmUp Tip: We hope you had a wonderful break! First year of university is full of trial and error. To kick off the new year, take a moment to think about a couple of things you might do differently this semester and commit to implementing these changes now!

Reminder Email:

Hi {first_name},

Welcome back! We hope you had a wonderful, relaxing holiday break.

Now that you're back for the first day of second semester, this would be a great time to reflect on what you learned about being a university student last semester. Do you think you need to get better at scheduling your priorities? What about regularly attending office hours or finding more time to regularly review your notes?

We all have something we can improve upon and mistakes are a necessary part to learning. Write down a couple of things you can do differently and commit to implementing these changes this semester!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday January 9 (Academic Reminder)

Email Reminder Subject: What would you like to know?

Reminder SMS: ECO100WarmUp Feedback: Is there any info you wish you had that you think could help you succeed in university? If you like, reply back to us with a one-time, short (1-3 line) msg telling us what it is. We'll try to find the info and pass it back to you in future messages.

Reminder Email:

Hi {first_name},

Now that you've had some time to reflect on what you learned in first semester, we would like to invite you to tell us what information you feel like you're missing that could help you achieve greater success.

Topics can range from how to prepare for lecture, to how to approach practice problems or to study for exams, and anything in between.

We'll review your replies and do our best to find the information and pass it back to you in our future messages.

If you're interested, reply to this text or send us a one-time, short (1-3 line) text message telling us what you wish you knew that you think could help you in university. Our number is: 437-800-0623.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of January 12, 2015

Monday January 12 (Motivation Reminder)

Email Reminder Subject: The right perspective on events

Reminder SMS: ECO100WarmUp Motivation: “There is nothing either good or bad but thinking makes it so.” – William Shakespeare. It often just takes a shift in perspective to see a setback or challenge as an opportunity to improve. Try to always look for these opportunities!

Reminder Email:

Hi {first_name},

When failures, setbacks, or challenges arise, our first reaction is usually to think of these as bad events and to wish they didn’t happen. But, very often, it just takes a shift in perspective to see them as opportunities to learn something and improve.

Consider what William Shakespeare said on the subject: “There is nothing either good or bad but thinking makes it so.”

It’s no coincidence that most successful people today feel the same way. So the next time you catch yourself wishing something didn’t happen, try instead to think of how you can learn and benefit from the experience. You’ll take one step closer to your goals if you do!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday January 16 (Goal Reminder)

Email Reminder Subject: Checking in and planning ahead

Reminder SMS: ECO100WarmUp Goal Reminder: After two weeks of second semester, take some time to reflect on how you’ll organize your schedule to make sure you’re continuing to progress toward your goals.

Reminder Email:

Hi {first_name},

Now that you’re two weeks into second semester, take some time to reflect on how you’ll organize your schedule to make sure you’re continuing to take steps toward the goals that are important to you, such

as {goal_1=leading a happy and healthy lifestyle}. Try actually writing down when you will do the things you need to do in order to keep making progress toward your goals.

This kind of regular planning and self-assessment is a great way to stay on track. No matter how busy they get, students who do it find creative ways to make daily progress toward their goals.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of January 19, 2015

Monday January 19 (Academic Reminder)

Email Reminder Subject: Helping yourself by helping your classmates

Reminder SMS: ECO100WarmUp Study Tip: An excellent way to build knowledge of a concept is to explain that concept to someone else. Try setting up a study group with your classmates where you can work through problems and lecture notes together to fill the gaps in each other's knowledge.

Reminder Email:

Hi {first_name},

Many of your tutorial leaders for first year courses at UTM are senior undergraduate students. These teaching assistants will tell you that nothing develops understanding of a concept better than having to explain that concept to someone else.

When you're working through course material this semester, try meeting with one or more classmates and work through course material together to fill the gaps in each other's knowledge. Meeting right after class to review notes and read ahead is an excellent strategy.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday January 23 (Goal Reminder)

Email Reminder Subject: Believe in yourself – always.

Reminder SMS: ECO100WarmUp Motivation: "The first step before anybody else in the world believes it is that you believe it." – Will Smith. Check out this inspiring video for other examples of people who believed in themselves before anyone else did: <https://www.youtube.com/watch?v=fh1uff62SO8>

Reminder Email:

“The first step before anybody else in the world believes it is that you believe it.” – Will Smith

Hi {first_name},

In reaching for your goals, it is important to have the right inner dialogue and look at challenges and setbacks as opportunities to improve. But, above all else, it is important to believe in yourself. Check out this short but inspiring video on how some of the most famous people in history overcame hardship by believing in their dreams and their ability to succeed:

<https://www.youtube.com/watch?v=fh1uff62SO8>

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of January 26, 2015

Monday January 26 (Academic Reminder)

Email Reminder Subject: Career Planning

Reminder SMS: ECO100WarmUp Planning Tip: There are lots of things you can do to help your job prospects when you finish your degree, even in first year. Check out our email this week for some helpful tips!

Reminder Email:

Hi {first_name},

While we're in university, we all want to learn and develop the skills we'll need to be successful in our careers. It's never too early to start making plans about how you'll land the job you want after graduating.

A great strategy is to make an effort to get to know your professors and to let them get to know you as a hardworking, dedicated student. Whether you decide to get a job after UTM or go to graduate school, you'll need some references. You want an instructor who will say more than you were in her class and received a good grade.

You can also think about joining clubs and organizations where you can develop leadership and teamwork skills. This is a great way to stand out to employers and graduate school admissions committees. Maybe start your own club or company!

Finally, the UTM Career Center is a great place to start your journey. Check out the Career Center's website and click on their link for first-year students: <http://www.utm.utoronto.ca/careers/welcome-career-centre>

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday January 30 (Motivation Reminder)

Email Reminder Subject: Check in with yourself and relax

Reminder SMS: ECO100WarmUp Stress-Management Tip: It's important to take time to relax, check in with yourself, and recharge your batteries. Make sure your schedule includes doing things that help you appreciate life, whether that's going to the gym, reading, or hanging out with friends.

Reminder Email:

Hi {first_name},

Navigating through first year of university is stressful for all students. It's important to take time to relax, check in with yourself, and recharge your batteries.

Make sure your schedule includes doing things that help you appreciate life, whether that's going to the gym, reading (something other than your textbooks), hanging out with friends, or going for a quiet walk in the park. If you like going to the movies, the Infobooth at the Student Center offers discount tickets for Cineplex movies. Go grab one and enjoy a show!

If stress levels ever get too high, UTM does have the resources to help. The Health and Counselling Center offers a variety of services to help students manage their time, stress, and emotions.

If you think you could benefit from some extra help or a chat, start by checking out the Center's website: <http://www.utm.utoronto.ca/health/>.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of February 2, 2015

Monday February 2 (Goal Reminder)

Email Reminder Subject: What advice would you give yourself?

Reminder SMS: ECO100WarmUp Reflection Tip: Think back to when you wrote down your ECO100WarmUp Exercise goals, like {goal_2=being part of an uplifting social network}. After learning all that you have since then, what advice would you give yourself for how to better stay on track with the new goals you've made?

Reminder Email:

Hi {first_name},

Think back to when you first did the ECO100WarmUp Exercise and wrote down your goals, like {goal_2=being part of an uplifting social network}. After learning all that you have this school year, what advice would you give your past self for how to stay on track toward achieving these goals?

Now that you're almost halfway through second semester and setting new goals for how you'd like to complete this school year and look forward, try following some of this advice. If certain obstacles keep getting in the way, commit to making at least one change in your daily behaviour that will help you stay on track.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday February 6 (Motivation Reminder)

Email Reminder Subject: Dear Optimist, Pessimist, and Realist...

Reminder SMS: ECO100WarmUp Motivation: Whether this school year has been better or worse than expected, there are always opportunities to learn and improve. Keep in mind, for example, more than half of the grade in ECO100 is still to be earned. Be proactive and seize opportunities to get better!

Reminder Email:

"Dear Optimist, Pessimist, and Realist,

While you guys were busy arguing about the glass of water, I drank it!

Sincerely,

The Opportunist"

Hi {first_name},

Whether your first year of university has been better or worse than you expected, there are still plenty of opportunities to improve your performance before the year is over. Keep in mind, for example, more than half of the grade in ECO100 is still to be earned.

Spend some time learning from your past mistakes, but then be proactive about causing change and seizing opportunities for improvement!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of February 9, 2015

Monday February 9 (Academic Reminder)

Email Reminder Subject: Try your best and don't worry about the outcome

Reminder SMS: ECO100WarmUp Organization Tip: The weeks before and after reading week are very busy. Keep a structured schedule during this time. Stick to your schedule, be proud of your work, and don't worry about the outcome.

Reminder Email:

Hi {first_name},

With reading week right around the corner, this is likely a busy time with many assignments and exams scheduled for either just before or just after reading week. Don't worry; this is the case for all students every single year.

A great way to be successful during this time is to keep a structured schedule. Write down what you need to do and when you are going to do it. Do your best to stick to your schedule and follow the steps, not worrying about how things will turn out. Remember: you control the process, not the outcome. Keep your mind focused on what you can control and the results will come!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday February 13 (Motivation Reminder)

Email Reminder Subject: The science behind the "right" mindset

Reminder SMS: ECO100WarmUp Motivation: Researchers have recently taken huge steps in understanding exactly what it means to have the "right" mindset when approaching any challenge. Take a look at this short video that shows the differences between the "growth" and "fixed" mindsets:

<https://www.youtube.com/watch?v=brpkjT9m2Oo>

Reminder Email:

Hi {first_name},

Attitude is very important when it comes to overcoming challenges. The most successful people in history have always seen challenges and failure as an opportunity to learn and grow.

Researchers have recently taken huge steps in understanding exactly what it means to have the "right" mindset in the face of adversity. They call this the "growth" mindset. Take a look at this short video that shows the differences between the "growth" and "fixed" mindsets:

<https://www.youtube.com/watch?v=brpkjT9m2Oo>

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of February 16, 2015

Monday February 16 (Academic Reminder)

Email Reminder Subject: Enjoy reading week!

Reminder SMS: ECO100WarmUp Tip: Enjoy reading week! Don't forget to balance your extra time - the break from classes can be one of the most productive - stay organized, keep looking forward, and enjoy the journey.

Reminder Email:

Hi {first_name},

We hope you have a great week!

Don't forget to balance your extra time - the break from classes can be one of the most productive - stay organized, keep looking forward, and enjoy the journey.

ECO100 Warm-Up-Team

Wednesday February 18 (Academic Reminder)

Email Reminder Subject: Stay Connected

Reminder SMS: ECO100WarmUp Reading-week Tip: Try reaching out to some of your classmates over the break to discuss study strategies, work through difficult problems together, and keep each other motivated!

Reminder Email:

Hi {first_name},

Here's a quick tip for studying over reading week:

Instead of studying entirely on your own, try reaching out to some of your classmates over the break. Sometimes all it takes to break through a problem is the new perspective you gain from discussions with others. Use the group to discuss study strategies, work through difficult problems together, and keep each other motivated!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of February 23, 2015

Monday February 23 (Motivation Reminder)

Email Reminder Subject: Don't Wait

Reminder SMS: ECO100WarmUp Motivational Quote: “You don’t have to be great to start but you do have to start to be great.” – Zig Ziglar.

Reminder Email:

“There are seven days in the week and someday isn’t one of them.” – Shaquille O’Neal

Hi {first_name},

Sometimes we tend to put off making the changes we need to be successful. We tell ourselves that we just don’t feel up to it now, that things are a little too busy at the moment, or that we have plenty of time so there’s no need to rush.

But circumstances will rarely be perfect. That doesn’t mean you can’t start and accomplish great things right now. Remember: the hardest part with something new is getting started. Fight through the initial discomfort, keeping your eyes on your goal. Once you build momentum and get comfortable, you’ll wonder why it took you so long to start.

Take the plunge today!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday February 27 (Goal Reminder)

Email Reminder Subject: Check in and Reflect

Reminder SMS: ECO100WarmUp Tip: Now that the deadlines around reading week have passed, take some time to reflect on your personal goals. Checking in with yourself can make all the difference in assuring that your day-to-day actions are in line with your plans for the future.

Reminder Email:

Hi {first_name},

When you have many deadlines in a short time period, it’s very easy to get consumed by the busy schedule. Now that most of the deadlines around reading week have passed, take some time to reflect on your personal goals, such as {goal_1=leading a happy and healthy lifestyle} and {goal_3=pursuing a fulfilling career path}. Checking in with yourself can make all the difference in assuring that your day-to-day actions are in line with your plans for the future.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of March 2, 2015

Monday March 2 (Academic Reminder)

Email Reminder Subject: A couple of tips during the strike

Reminder SMS: ECO100WarmUp Tip: While the strike is happening, be extra attentive during lecture and follow any special instructions from professors. You can also form study groups with classmates to go over practice problems, think through course concepts, and keep each other motivated!

Reminder Email:

Hi {first_name},

Try not to panic too much about the strike; these things are rare but they happen sometimes. There are a couple of things you can do to make this time as smooth as possible for you.

Try being extra attentive during lecture and make sure to follow any special instructions professors have given. Your professors are ready to help you stay successful during this time.

You can also try connecting with your classmates to form study groups. Use the groups to go over practice problems, think through course concepts, and keep each other on track and motivated!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday March 6 (Motivational Reminder)

Email Reminder Subject: Stay curious, reflect, and keep pushing

Reminder SMS: ECO100WarmUp Motivational Quote: "I know quite certainly that I myself have no special talent. Curiosity, obsession and dogged endurance, combined with self-criticism, have brought me to my ideas." — Albert Einstein

Reminder Email:

"I know quite certainly that I myself have no special talent. Curiosity, obsession and dogged endurance, combined with self-criticism, have brought me to my ideas." — Albert Einstein

Hi {first_name},

No matter the goal you're pursuing – whether it be in your school, work, or personal life – try following Einstein's wisdom.

Stay curious and constantly look for opportunities to learn more about what you'll need to know and do to accomplish your goals. Evaluate your progress along the way, being honest with yourself about what you need to do better. And, most importantly, don't let setbacks get you down and keep pushing through!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of March 9, 2015

Monday March 9 (Motivational Reminder)

Email Reminder Subject: Responding to circumstances

Reminder SMS: ECO100WarmUp Tip: “Life is ten percent what happens to you and ninety percent how you respond to it.” — Lou Holtz. Some people may use the strike as an excuse for feeling they don't have enough support to succeed. Try not to do this; you can get the most out of your year, no matter the circumstances.

Reminder Email:

“Life is ten percent what happens to you and ninety percent how you respond to it.” — Lou Holtz

Hi {first_name},

Some people around you may try to use the strike as an excuse for feeling they don't have enough support to succeed. Try not to do this. You have it in you to learn and get the most out of your year, no matter what the circumstances are.

Staying successful during this time will just require some minor adjustments. Pay attention during class, seek out help from your professors, and work together with your classmates.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Friday March 13 (Academic Reminder)

Email Reminder Subject: Examining your exams

Reminder SMS: ECO100WarmUp Tip: The exam period is a little over a month away, but it's never too early to begin thinking about how you're going to be successful. Think about what you learned during the exam period in first semester and use this information to make a better preparation plan this time!

Reminder Email:

Hi {first_name},

The exam period is a little over a month away, but it's never too early to begin thinking about how you're going to be successful. Before you start forming a work schedule for exams, think about what you learned during the exam period in first semester.

Did you prepare as well as you would have liked? What worked well with your study schedule and what didn't? Did you have time to balance completing assignments and studying?

Answering these questions well help you form a more effective plan this time. Remember: you should always take the opportunity to learn from your past so that you can perform better today!

We'll send you more detailed exam-prep tips later this month, but working through past exams is always a great way to study. Keep working until you're comfortable with the questions and have a good sense of what you are expected to be able to do. Remember to try hard to solve the questions *before* you look at the answers.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Week of March 16, 2015

Monday March 16 (Academic Reminder)

Email Reminder Subject: Proactive planning

Reminder Email:

Hi {first_name},

You've learned a lot this year about how to get the most out of lectures, how to work through problem sets, and how to prepare for tests and exams. With about a month of school left, it's important to reflect on all that you've learned and make a plan for how you're going to effectively use the remaining time.

A big part of being successful in any pursuit is maintaining a positive mindset. Planning ahead and following a schedule will help you avoid feeling anxious or rushed. When you shape your future instead of allowing circumstances to dictate it, you're more likely to feel proud and accomplished – feelings that will make you much more productive!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: In this last month of school, planning ahead and following a schedule will help you avoid feeling anxious or rushed.

Friday March 20 (Goal Reminder)

Email Reminder Subject: Day-to-day routines

Reminder Email:

"How we spend our days is, of course, how we spend our lives."-- Annie Dillard

Hi {first_name},

There are a few more weeks left in this semester and coursework is probably in full swing. Check in with yourself from time to time to make sure your day-to-day routine is leading toward the future you want.

Take some time to pause and reflect on the goals that are important to you, like {goal_2=leading a happy and healthy lifestyle}, {goal_3= being part of an uplifting social network}, or {goal_4=pursuing a fulfilling career path}.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: "How we spend our days is, of course, how we spend our lives."-- Annie Dillard. Check in with yourself from time to time to reflect on your goals and to make sure your day-to-day routine is leading toward the future you want.

Week of March 23, 2015

Monday March 23 (Academic Reminder)

Email Reminder Subject: Want feedback? Let us know

Reminder Email:

Hi {first_name},

With many exams and assignments, the last few weeks of the year are often busy and stressful. Stay positive, plan ahead, and do your best to follow a schedule.

If you have concerns or questions during this time, why not send us a one-time short message (1-3 lines) by responding to this email? We'll read your message and do our best to address your concerns in our reply.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: Want feedback? Let us know! If you have concerns or questions with exams approaching, reply to us with a one-time short text (1-3 lines) and we'll do our best to address them in our reply.

Friday March 27 (Academic Reminder)

Email Reminder Subject: You're almost at the finish line

Reminder Email:

Hi {first_name},

Everyone has his or her own way of preparing well for exams. But with the exam period about 2 weeks away, you should be thinking about how you are going to prepare.

Here's what we suggest:

Write down all of your exam dates and assignment deadlines on a calendar and take some time to assess your knowledge of course material and how far along you are with each assignment. When you're done, you should have a good idea of what you need to do -- and how much time you need to do it -- in order to perform well.

Plan ahead by mapping out a list of tasks for each day that, if completed, will take you where you want to be. Students who adopt this type of approach feel less rushed and stressed, because they know exactly what needs to get done and when they're going to do it.

Look out for more exam tips in these next couple of weeks!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: If you haven't already, write down your exam dates and assignment deadlines on a calendar. Then assess what you need to do, how much time you need to do it, and when each task will get done. Students who stay organized are much more likely to do well!

Week of March 30, 2015

Monday March 30 (Academic Reminder)

Email Reminder Subject: We think this will help...

Reminder Email:

Hi {first_name},

As promised, we are going to be sharing some exam tips with you during these final weeks. We've already told you about the benefits of practicing with past exams and the importance of planning ahead and following a schedule.

Another great strategy involves constructing study notes for each exam. You've covered a lot of information in each of your courses, and between textbooks, lecture notes, and problem sets, you often won't be able to find all of the information in one place.

Start with your lecture notes. Go through your notes from each class, and make study notes by summarizing the lecture notes so that you can clearly understand the main concepts being covered in each lecture. Feel free to color-code here and organize in a way that makes sense to you.

If you're not quite understanding something from lecture, look up the relevant topic in your textbook or in a previous problem set where you have an answer written down that might help. Incorporate this new information into your study notes. Keep going like this until you've covered all of the topics you will be responsible for on the exam. At this point, you will have a set of study notes to be proud of. These will help you make quick reference to concepts throughout your study.

Now you should go over past exams and practice problems from earlier in the year. Try working through these using just your study notes. This is a great way to identify concepts you may have missed incorporating into your notes.

Most importantly, remember that you *should* be struggling through the questions at first. This is completely normal: for some of the material, it has been almost 8 months since you've covered it. But don't worry; if you stay persistent, you'll become much more effective within a day or two.

Your goal should be to get to a point where you can answer all of the practice problems without making reference to your notes. Keep working hard and you'll get there!

And keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: The email we sent you today has, we think, some of the best advice on how to approach your upcoming exams. Check your inbox and best of luck with your studying.

Friday April 3 (Academic Reminder)

Email Reminder Subject: Don't forget to sleep

Reminder Email:

Hi {first_name},

While you're studying in these last couple of weeks, adequate sleep will be very important. Pulling all-nighters, especially the night before an exam, is rarely a good idea. Remember: we are much more focused and creative when our minds are well-rested.

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: Don't forget to sleep! Pulling all-nighters, especially the night before an exam, is rarely a good idea. Remember: we are much more focused and creative when our minds are well-rested!

Week of April 6, 2015

Monday April 6 (Motivational Reminder)

Email Reminder Subject: Thinking productively about productivity

Reminder Email:

Hi {first_name},

We got a lot of great questions when we asked for feedback a couple of weeks ago! Many students wanted to know the best ways to stay focused and productive.

Check out this playful, yet very informative, video on the science of productivity:

<https://www.youtube.com/watch?v=IHfjvYzr-3g>

You'll notice some themes we've shared with you in previous messages, like the importance of just getting started and maintaining a schedule. Try your best to implement some of these tips in this final stretch!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: Check out this playful, yet very informative, video on the science of productivity: <https://www.youtube.com/watch?v=IHfjvYzr-3g>. We think it has some useful tips for these last couple of weeks!

Friday April 10 (Motivational Reminder)

Email Reminder Subject: Focus on why you *can* succeed

Reminder Email:

Hi {first_name},

Going in to the end of first year, try not to clutter your mind with worries about how it will all turn out.

Successful people don't devote energy to worrying about the reasons why they may not succeed or what will happen if they don't. Instead, they spend their time focused on the reasons they *can* succeed and carrying through with their plans for success.

In these last couple of weeks, do your best and forget the rest! The results will follow!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: Successful people don't devote energy to worrying about the reasons why they may not succeed or what will happen if they don't. They stay focused on the reasons they *can* succeed and on their plans for success. In these last couple of weeks, do your best and forget the rest! The results will follow!

Week of April 13, 2015

Monday April 13 (Motivational Reminder)

Email Reminder Subject: Forget about it

Reminder Email:

Hi {first_name},

It is important to have a short memory during the exam period. That's right: we said "*short*."

Try not to think about an exam after it is over. Whether you think it went really well or not so well, there is nothing you can do or think that will change that outcome. We suggest taking some time to re-charge your batteries and then starting to prepare for the next one.

Think of it this way: you can no longer influence anything about the last outcome, but you *can* influence a great deal about the next outcome. Focus your energy, thoughts, and actions on the things that are within your control and you'll get the best results possible!

"In life our first job is this, to divide and distinguish things into two categories: externals I cannot control, but the choices I make with regard to them I do control." -- Epictetus

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: Forget about it! Try not to think about an exam after it's over. Take some time to relax and re-charge and then start preparing for the next one. You can't change the

past but you can do a lot to influence the future. Focus your energy on the things that are within your control and you'll get the best results possible!

Friday April 17 (Motivational Reminder)

Email Reminder Subject: Just a little longer

Reminder Email:

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'." -- Muhammad Ali

Hi {first_name},

We hope the exam period is going well.

For every student, there comes a point where they wish exams were just over already! You only have a little longer to go. Keep pushing through until the end and you'll be glad you did. Future {first_name} will thank you!

Keep looking forward and enjoy the journey,

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp Tip: "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'." -- Muhammad Ali. You only have a little longer to go with exams. Keep pushing through until the end and you'll be glad you did. Future {first_name} will thank you!

Week of April 27, 2015

Friday April 28 (Academic Reminder)

Email Reminder Subject: Our last email: Keep looking forward...

Reminder Email:

Hi {first_name},

Congratulations on being done exams!

When you go on break, first and foremost, make sure to take some time to relax, recharge your batteries, and do things that make you happy. You've earned it after a long year!

Once you've done that, try taking a little time to reflect on your goals and things you might try to get closer to them. Even if you aren't taking any courses this summer, it's a good idea to think about the fields in which you'd like to complete a minor, major, or specialist, and about which courses you'll need to take to accomplish your goals.

There are lots of ways to stand out when you graduate, but don't wait until then to get started -- think about volunteering, internships, joining clubs, or other activities that make you feel good. Over the next couple of years, the things you do outside of class are also important in helping you stand out when you begin your career.

And don't shy away from reaching out to professors or staff in various departments. They're there to help and more than happy to help you plan for your future. You can even email us and we'll do our best to help.

We really hope you enjoyed our words of encouragement and wish you best of luck in your future endeavours!

Keep looking forward and enjoy the journey!

ECO100 Warm-Up-Team

Reminder SMS: ECO100WarmUp last text: Congratulations on being done your year! Take a break but also reflect on your goals and things you might try to get closer to them. If you have questions about getting ready for next year, respond and we'll do our best to answer. We really hope you enjoyed these messages and wish you all the best in your future. Enjoy the journey!