

The 7 Habits of Highly Effective College Students

<http://7habitscollege.com/>

Self-management

Habit 1: Be Proactive[®]

I am responsible for my education and life.

Habit 2: Begin With the End in Mind[®]

I have a plan for what I want to accomplish.

Habit 3: Put First Things First[®]

I do the most important things first.

Interpersonal skills and teamwork

Habit 4: Think Win-Win[®]

I am considerate of others, but I also have the courage to stand up for myself.

Habit 5: Seek First to Understand, Then to Be Understood[®]

I hear people out before expressing my own opinion.

Habit 6: Synergize[®]

I value the strengths of other people and combine them with my own to solve problems.

Wellness

Habit 7: Sharpen the Saw[®]

I regularly recharge my body, heart, mind, and spirit so I can stay sharp and improve myself.