



## **Thinking Patterns that Limit College Success**

Some students inadvertently acquire habits that distort the way they think about academics and their potential for academic success. The results of these thinking patterns are low self-esteem, poor self-confidence, loss of direction, and academic performance below potential. Do you have any of these distorted thinking patterns?

	Thinking Pattern	Explanation
1	Minimize Positives	Minimize your academic achievements and good qualities.
2	“Catastrophize”	Exaggerate importance of your mistakes or imperfections.
3	Mental Filter	Select a single negative detail and dwell on it so exclusively that it colors your whole vision of reality, like one drop of ink colors a whole glass of water.
4	All-Or-Nothing Thinking	See things in absolute categories. For example, if your grades aren’t perfect, you believe you are a total failure.
5	Mind Reading	Assume that people are reacting negatively to you.
6	Emotional Reasoning	Assume that your emotions necessarily reflect reality. An example is, “I feel stupid, so I must be stupid.”
7	Labeling	After a bad test, calling yourself a poor student instead of a student who performed poorly on a specific test.
8	Overgeneralization	View a single negative event as a predictive pattern of future, never-ending, negative events.
9	Negative Self-Fulfilling Prophecy	Anticipate that things will turn out badly and unconsciously act to make the prediction come true.
10	Personalization	See yourself as causing a negative outcome even when you are not responsible.

**If you are having trouble shaking any of these distorted thinking patterns, a counselor will be glad to assist you.**