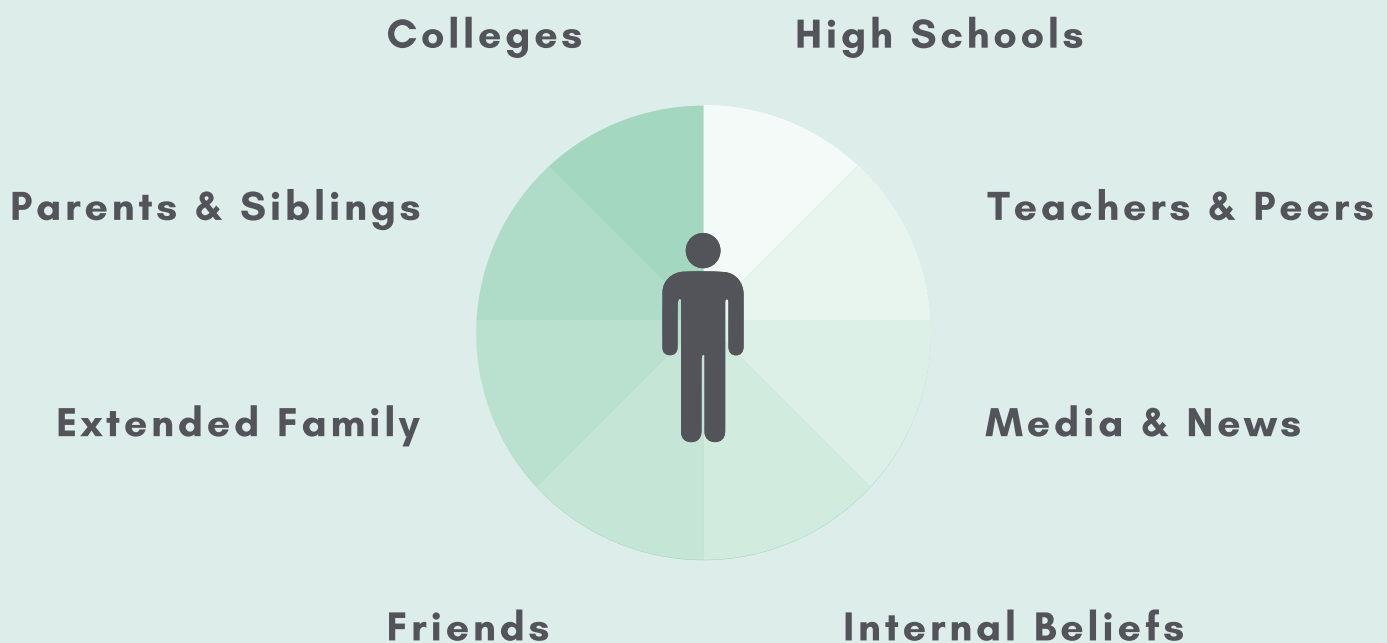


Influencers & Roadblocks

Your concept of college is influenced by more than just high schools and colleges. You've been unknowingly absorbing information and biases since you learned what college was, probably from:



Our own voice gets drowned out by all this extra noise, making us invest in the wrong college or go for the wrong reasons and miss out on what could have been.

That's how influencers can become roadblocks. Influencers impact how you see things. Roadblocks are influencers that distract you from the things that matter to you and bias your judgment to their own desires.

It's good to seek different viewpoints because diverse perspectives *are* powerful. But if you don't think for yourself, you'll end up at the perfect school (or major or job, etc.)...for someone else.

Take some time to think through the following questions. **It matters.**

Self Assessment

MY INFLUENCERS

Answer the following questions.

What internal beliefs do you have about college and education?

Where did they come from?

What do your family members suggest is important about colleges?

What do your friends suggest is important about colleges?

What does your high school/counselor suggest is important?

What do your teachers and peers suggest is important?

What reasons have colleges given you to attend them?

What do the media and news suggest is important in colleges?

SELF ASSESSMENT

MY INFLUENCERS

Answer the following questions.

Up to this point, what were you looking for in a college?

Why did you want each of these things?

Who or what told you these were important?

When stepping back and thinking about what allows you to do your best, do you think these are important? Why?

Is there anything else you think is important to your growth and success?

If all schools had the same reputation and cost, what would you look for?

If you were in charge of building a college just for you, what would you put into it?

SELF ASSESSMENT

MY INFLUENCERS

Reflecting on your answers, how much do the following influence how you think about colleges and what you want?

Internal Beliefs

0%

100%



Family: parents, siblings, extended family

0%

100%



Friends

0%

100%



School, peers, teachers, counselors

0%

100%



Colleges

0%

100%



Media and the News

0%

100%



SELF ASSESSMENT

MY INFLUENCERS

Finish by identifying your roadblocks.

Review the previous page. Are you comfortable with how much each group influences you?

Which are positive influences?

Which of these influences feel limiting or induce anxiety? (These are your roadblocks.)

MOVING FORWARD:

The best way to reduce outside pressure and stay focused is to be aware of what influences you and creates unnecessary pressure.

As long as you are aware of these, you have the ability to step back and ask yourself:

1. **RECOGNIZE:** Does this really matter to me or am I absorbing someone else's expectations, limits, or beliefs?
2. **REFLECT:** Could they have a different perspective or ulterior motive?
3. **RESPOND:** Based on what is best for me, what can I learn from this?




Stay Focused

"FOR FAST-ACTING RELIEF, TRY SLOWING DOWN."

INFLUENCES (IN ORDER)

- 1
- 2
- 3
- 4
- 5
- 6

RULES

-  Recognize
-  Reflect
-  Respond

WHAT MATTERS MOST TO ME IS:

**"THE GREATEST WEAPON AGAINST STRESS IS
OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER."**