

#### **Attitude Activity 4: 5,5,5**

Sometimes study problems can seem insurmountable. And when we're feeling overwhelmed, it's easy to withdraw and let the issues pile up until we feel like we're drowning.

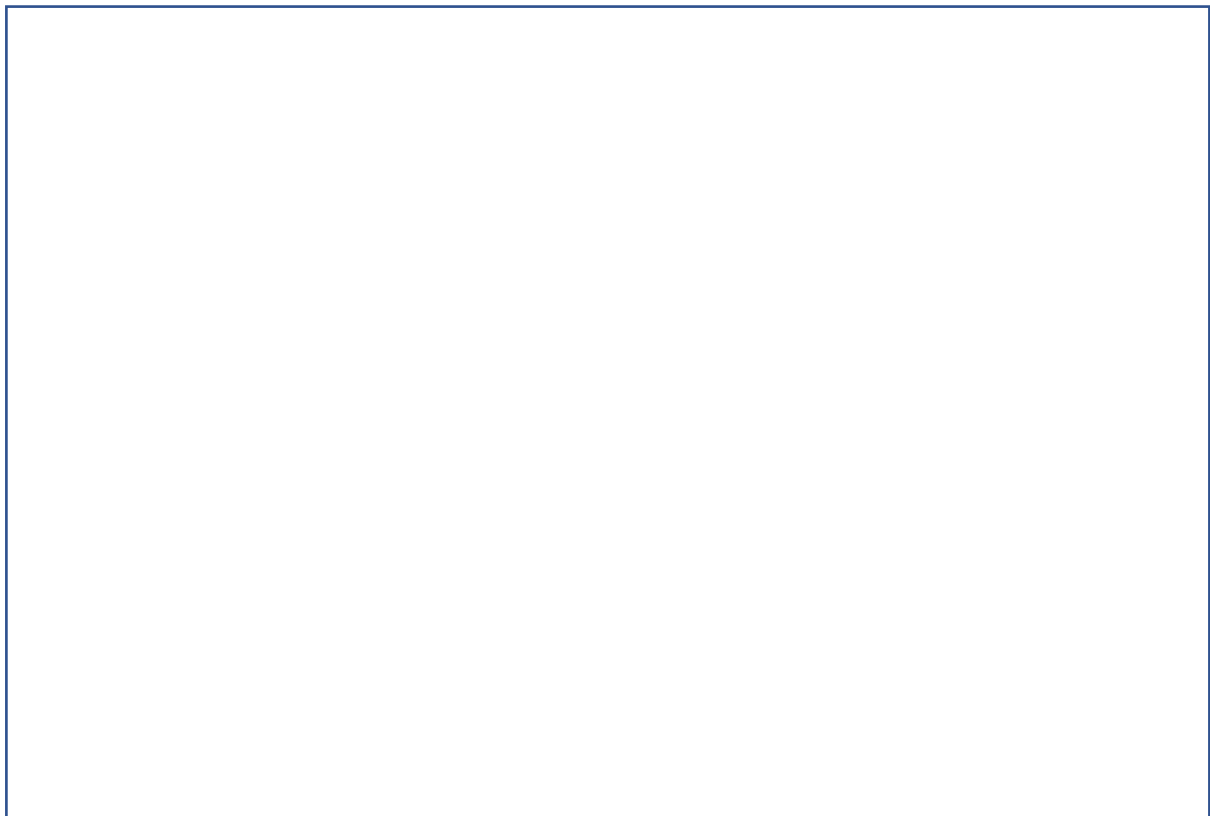
If you've got problems you're trying to solve, you're certainly not alone. This activity is designed to help you get started. It's a simple strategy which asks you to group together your solutions *depending upon how easy they are to get done*.

You need to begin with a study-problem for this to work, so choose something that's bothering you about the way you approach your studies at the moment. It could be that you find motivation difficult, that you're struggling with a particular topic area, or that you keep missing deadlines. Whatever it is, be as specific as possible in defining your issue and make a note of it here:

*Insert line*

Now spend some time generating as many solutions to your problem as you can. Don't judge your ideas as they come to you – you won't be doing them all, so feel free to throw everything down on the paper, from the smallest adjustment or solution, to something radical and scary. Aim for at least 20 things you might do to improve your situation...

...and remember, everything goes.



Now that you've got a huge list of actions you could take, try to categorise them according to how easy they would be to implement. Over leaf is a table with three columns.

**The five minutes column** is for the solutions that can be actioned really quickly. An email, a quick surf of the web, a few minutes finishing a late piece of work.

**The five days column** is for your more ambitious solutions. These you could get done in a working week at college if you put your mind to it. They might need two, three, even five steps to complete, but they're do-able.

**And the five weeks column** is for something that would need a bigger change in behaviour. Five weeks is about the length of a half term, and you only get six of those per year, so it's a solution so radical it will take nearly 20% of a year working on it – a big investment, but one you'd be proud of.

Five Minutes	Five Days	Five Weeks

Hopefully, you should now have a list of possible actions in all three columns.

1. The ones in the **five minutes column** will be over in the blink of an eye and you can cross them off.
  - **Why not choose two of these actions and do them now. (Right now!)**
2. The **five days column** will be full of potentially interesting solutions. We'd suggest choosing one of these, and breaking it down into five short steps.
  - **Then make a plan to complete the five steps next week.**

*Insert five lines*

3. The **five weeks column** might well have some really interesting solutions in it. Some could be ambitious, crazy or almost impossible. Nevertheless, try and choose one – the one you feel you might have a chance of taking some action on.
  - **Take some time over it – just think about what you might need to do if you were to take on one of these more ambitious solutions.**
  - **How many steps might there be?**
  - **Can you break it down and just do parts of it?**
  - **Is there a way to get it started in just five minutes?**

*Insert five lines*

Every time you hit obstacles that are getting you down, try this activity. It usually helps generate solutions and gets students unblocked!