

Happiness Advantage 5

1. Self-awareness: ID feelings and put them into words  
This was test week and I am feeling very stressed. Break is coming up soon and I am hopeful and yearning for that. I feel defeated in some classes and unsure in others. I have some resources to get help with another one of my classes so I am feeling confident in that regard.
2. ID which aspects you have control over and which you don't...make a list  
I can control  
-how much I study  
-the environment I take the test in  
-what notes I bring into the test  
-what I go over  
I cannot control  
-what I haven't studied up till now  
-the difficulty of the material  
-the previous grades
3. Focus on one small goal that can be accomplished quickly (which can increase our self-efficacy)  
I can do my best to develop the main process for solving these problems. I can study how we take the Fourier Transform of some signals and what we do with them. I can also figure out what methods of problem solving will be on the test and I can commit there process to memory or write it down.