Here’s an article by Bobbi DePorter, president of SuperCamp. Remember as you read it that having the right attitude is vitally important for living the Key of This Is It as well as for Reading, our two topics for this refresher.

The Right Attitude – An Important Learning Asset
by Bobbi DePorter

“If you don’t like something, change it. If you can’t change it, change your attitude.”
—Maya Angelou

We ask students at SuperCamp and in our Quantum Learning student programs in schools if they’ve ever tried something new and were convinced they wouldn’t be able to do it right? Then we ask them if they’ve ever been challenged, knew that somehow they were going to be successful, and found that the challenge was fun?

Henry Ford once said “Whether you think you can or you think you can’t, you’re right.” He definitely understood the value of having the right attitude. Attitude can be the deciding factor between failure and success, between boredom and fun, between staying in one place and moving forward.

Attitude comes into play in every area of our lives, including school. Students may enter some classes excited to be there, and enjoy the teacher and the subject. Maybe they enter other classes knowing that the class will be boring, and guess what? The class is boring. Many students spend half their days at school wishing they were somewhere else, doing something else. How successful do you think they will be with that attitude? If we simply make a choice to have a positive attitude, the transformation is amazing.

So how do we build a winning attitude? The first step in moving toward a positive attitude relates to tossing out any old, negative ideas we might have. If we think we’re a slow reader, we let it go. If we think we don’t like school, we let it go. It’s totally possible to transform an attitude of school is boring to learning is awesome! At SuperCamp we suggest that students consider where they might have an attitude problem that’s holding them back, then find a positive phrase similar to learning is awesome that works for them. Their attitude problem might be along the lines of I just not good at math, which can be transformed to I know I can do this! Once students have identified an attitude problem, we encourage them to repeat their affirmative phrase to themselves when they’re in class (or wherever they encounter the negative attitude) as well as to create a couple of colorful reminder posters to put in their home study area and in their notebook—or wherever they’ll see them frequently.

Although we’ve simplified the approach to changing our attitude, it’s not something that we can achieve overnight. It’s a process, and we need to be vigilant in curbing those negative thoughts and affirming the positive thoughts. The process, though, is well worth the effort. In effect, we can totally change our mindset from negative to positive—and eventually it permeates all areas of our lives.