

Introduction

Humans have the powerful ability to **think about their own thinking**. This is worth considering since a reflective mind will have a positive impact on your academic success. There are various aspects to cultivating a mind-set for academic success. Thinking about the control you have over the current situation, is a key aspect to consider.

Thinking about what you can and cannot control

Some things you simply do not have personal control over, such as that, due to the COVID-19 pandemic, a remote teaching and learning format is currently in place. There are, however, many aspects within this scenario that you *are* able to control or at least make the best of. Thinking about the difference, is vital for your academic success.

If you believe that your academic success or failure is entirely controlled by **external conditions**, such as lecturers, technical issues, luck, fate, etc., you are placing the control in external factors - which leaves you quite powerless. This mind-set will leave you thinking: *"I could not submit my assignment on time because of the slow internet connection last night around the cut off time for submission."* This makes you a '**victim**' of the challenges, which will not encourage you to explore solutions or strategies around it.

On the other hand, if you believe that your **internal** decisions, actions and strategies can influence the outcome, you adopt a more **empowered** mind-set, which is more likely to make you explore solutions through strategies and resources. This way, you might think: *"I did not submit my assignment on time because I did not take into account that the signal strength is unreliable - so I did not build some margin for technical issues into my planning."* This mind-set enables you to adjust your approach in future and have a better outcome.

"Do what you can, with what you have, where you are" - Theodore Roosevelt

Additional Resources

https://www.youtube.com/watch?v=wCa_CAAId5A

Summary

Actively 'think about your thinking' when you face some challenges with remote learning.

Before you assume that you do not have any control over the challenges you face, first explore your available resources and possible strategies to gain control over the aspects that you can control or make the most of. You might need to explore this with the help of a peer, tutor, the support staff at the ADC or PsyCad.