

### Workshop: 4 Secrets to College Life Success

On September 1<sup>st</sup>, from 2:00 p.m. to 4:00 p.m., Clint Pardoe led a workshop illustrating the four secrets to college life success. The four tactics are self-care, healthy relationships, creating structures, and action.

Self-care involves four different states of being: physical, emotional, mental, and spiritual. Physical is tangible, examples of physical health include eating right and exercising. Emotional is how you feel, with emotional stability being a sign of emotional wellness. Mental is brain power. As we exercise our bodies, we should exercise our brain to keep ourselves stimulated. Spiritual is an intangible realm with the belief of our purpose. One way to stay spiritual is by praying.

Healthy relationships can be broken down into four different types: family, romantic, close friends, and acquaintances. Family is the group of people related to you by blood. Usually these are the ones that you trust and care for the most. Like the old saying goes “Blood is thicker than water.” Romantic involves deep caring and deep, sometimes crazy, feelings for one that who isn’t related to you. The final stages of this relationship are fiancé and spouse. Friendship can be broken down into two different types: close friends and acquaintances. Close friends are those whom you care for, often caring somewhat about the rest of their family. Acquaintances carry no special meaning, ultimately just a buddy to talk to and to hang out with.

Clint’s third point, creating structures, involves both views on structure; people who are creative and those who are structure-oriented. Structured people tend to get the

job done, with little to no satisfaction. Creative people, on the other hand, are happy but don't often get the job done. The compromise: a little of each. One example is spending. Expenses take care of the first half, with 10% going to educational needs. The other 40% should be spent and saved, not just one or the other.

The fourth and final point is action. "Awareness without action is useless." This states that one must apply his knowledge, not just hoard it.

Before talking about the four secrets, Clint told us a bit about himself and his methods. Clint organized his presentation in an orderly fashion, using both order of simplicity and a bit of chronological order. Personal needs, homeostasis, are widely believed to be on a primal level. As the speech progressed, so did the level of complexity. At the end, he used a bit of chronological order/wrap-up by telling us to apply our newfound knowledge.

Overall, the delivery was entertaining and easy to listen to, while effective at the same time. Clint used many quotes and repetitions, sometimes reiterating or having the audience reiterate a phrase that he just stated. He also implemented many quotes and exercises; at the end he showed how important action is.

The workshop went smoothly, and I thoroughly enjoyed it. It was definitely worth my two hours. I plan on going to the next workshop that Clint comes to present at Ohlone College.