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The Philosophy behind Pathways

The Office of Community Life at Liberty University (LU) is changing the narrative for students by working with them when they accept responsibility for violating policy. Too often students view sanctions as predetermined punishments for violating policy. Recognizing this, students who accept responsibility will be provided a “menu” of educational opportunities to choose from that will allow them to participate in developing their own learning experience. The educational opportunities have been grouped into specific categories called Pathways. All educational opportunities will fall under one of three pathways.

Pathway Plan Descriptions

Understanding Pathway: This Pathway will provide the student with insight to influence good judgment in their future decisions. It will also help students gain a better understanding of certain policies, rules, and philosophies within the LU community.

Perspective Pathway: This Pathway will allow students to reflect on their decision-making, consider other perspectives, and develop an understanding of how their decisions impact their future.

Well-Being Pathway: This Pathway will allow the student to focus on their well-being. This Pathway encourages students to explore resources that focus on healthy lifestyles, positivity, and being a productive member of the LU community.

How It Works

1. You will look through the different paths and their descriptions
2. You and your Associate Director will determine which path best suits you and the situation
3. You and your Associate Director will decide on 3-5 sanctions and their parameters
UNDERSTANDING PATHWAY

**Autobiography Essay:** You will write an autobiographical essay about your life, with a primary focus on your time at LU. This essay will focus on what your life was like prior to attending LU, what your life has become during your time at LU, and how you found yourself in this current situation. Finally, you will write what you have learned from this experience and how you will make a positive contribution to the LU community.

**Blood Alcohol Content Essay:** You will write an essay explaining the details of what Blood Alcohol Content (BAC) is and how it is calculated. The essay should also include how different levels of BAC can impact different individuals.

**Buzzfeed Meme/Gif List or Quiz:** You will create a Buzzfeed list or quiz that will provide advice/information to help other students make better decisions while attending college. Examples may include “10 Reasons not to drink underage” or “10 Things to do to avoid violating LU policies.” After completing your list/quiz, you will write a reflection paper on the topic you chose.

**Choices:** An educational program with three components: Classroom time and discussion, Hands-on service, and final written assignment. The curriculum begins with basics on wisdom and decision-making, viewing life as a stewardship, restoration and reconciliation in relation to the University, God and others. The curriculum then focuses on specific areas applicable to those students who are in attendance. You will identify the values and convictions that shape your decision-making skills and help you reach your goals.

**College Alcohol Statistics Online Fact Finder:** You will educate yourself on the use of alcohol among college students and minors by completing an alcohol statistics worksheet. After completing the worksheet, you will select one fact and write a brief reflection on the significance of this fact. This exercise will help you understand trends related to alcohol on college campuses.

**Consequences Worksheet:** You will complete a worksheet that will help you analyze the potential consequences of being suspended from LU. The worksheet also provides you with an opportunity to set goals and develop strategies for the future.

**Consultation with a Substance Abuse Counselor at Student Counseling Services:** You will complete a Substance Abuse Subtle Screening Inventory (SASSI) and discuss the recommendation with your Associate Director. Conversation to include: elements of risk regarding alcohol and/or other drugs, develop strategic alternatives to consuming alcohol and/or other drugs in social situations, and recognize high-risk behaviors regarding substance abuse. This item is only available to students who were not required to complete a SASSI prior to a review of their case.

**Mindfulness Reflection Worksheet:** You will complete the Mindful Attention Awareness Scale (MAAS) self-assessment. After completing the MAAS Scale and identifying your score, you will answer four questions and complete an exercise where you focus on mindfulness for seven days and reflect on your experience.
Potential Employer/School Conduct Questionnaire: You will complete a questionnaire in order to better prepare you to answer questions about your conduct history to future employers and graduate schools.

Pros and Cons Reflection Essay: You will create a list of the pros and cons regarding the decision you made. Each list should have at least five items. You will also complete a reflection essay on your list. Your reflection should focus on how you made your decision, whether or not it was the correct decision, and how you might make decisions differently in the future.

Read the Liberty Way: You will read the Liberty Way in its entirety and come up with five thoughts or questions to discuss with your Associate Director.

Student-Created Exercise: You will be able to create your own assignment. You will work with your Associate Director to develop an innovative task you feel will help you learn from your experience. Your Associate Director will have final approval of this assignment and can adjust the requirements to ensure the proper learning outcomes are met.

Ted Talk Video: You will watch an assigned Ted Talk and write an essay on what you learned from the video. You will answer the following questions to demonstrate how you can apply concepts from the video to your life: What was the speaker’s main message? What part of the video resonated with you the most? In what ways do you plan to incorporate the lessons shared by the speaker into your own life?

Unfair vs. Unfortunate Reflection Essay: You will write an essay to compare and contrast the definition of unfair and unfortunate. You will also address how these terms may or may not apply to your situation.

Vision Board Workbook – Intentional & Purposeful Goal Setting: You will create a Vision Board through intentional and purposeful goal setting. You will utilize a Vision Board workbook to reflect on your goals, accomplishments, inspirations, and improvements. You will then create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision.

You Tell Me Paper: In this essay, tell your story. Explain the experiences in which you have engaged that may be negatively impacting your decision-making. Describe the challenges you have encountered and outline the necessary steps to overcome these challenges. Your steps for overcoming your challenges should include a description of any resources(s) you may need and a plan for utilizing those resources.
PERSPECTIVE PATHWAY

Armor Bearers: This is a group that helps male students who are struggling with same-sex attraction and sexual addiction. The basis of the group is to grow as men of God. Growing as men of God takes the focus off of fixing oneself and instead allows them to grow closer to the Lord. You and your Associate Director will decide on a determined amount of meetings that you need to attend.

Attend Accountability Meetings: You will attend a determined amount of meetings with someone that you and your Associate Director decide will be the best fit to keep you accountable in your area of need, whether it be spiritual, emotional, physical, social, or academic. This could be an LU Shepherd, a member of your hall leadership, a mentor, faculty/staff, etc.

Attend Campus Community/Community Groups: Campus Community is the central gathering place for worship and spiritual growth at Liberty. All spiritual life flows out of this Word-centered worship service. Community groups are held weekly, on Wednesday nights following Campus Community. Centered on prayer, confession, and repentance, gathering in smaller groups allowing you to ask the question, “How does the truth we all heard in Campus Community apply in my life?”

Autobiography Essay: You will write an autobiographical essay about your life, with a primary focus on your time at LU. This essay will focus on what your life was like prior to attending LU, what your life has become during your time at LU, and how you found yourself in this current situation. Finally, you will write what you have learned from this experience and how you will make a positive contribution to the LU community.

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Community Service: You will focus on the Christian discipline of selfless service. You will partner with civic organizations, non-profits, and/or churches to provide community service through LU’s campus, in the local Lynchburg area, or around the world. Serving others can enhance your educational experience, provide an avenue for career development, foster personal transformation, and promote community engagement.

Consequences Worksheet: You will complete a worksheet that will help you analyze the potential consequences of being suspended from LU. The worksheet also provides you with an opportunity to set goals and develop strategies for the future.

Consultation with a Substance Abuse Counselor at Student Counseling Services: You will complete a Substance Abuse Subtle Screening Inventory (SASSI) and discuss the recommendation with your Associate Director. Conversation to include: elements of risk regarding alcohol and/or other drugs, develop strategic alternatives to consuming alcohol and/or other drugs in social situations, and recognize high-risk behaviors regarding substance abuse. This item is only available to students who were not required to complete a SASSI prior to a review of their case.
**Choices:** An educational program with three components: Classroom time and discussion, Hands-on service, and final written assignment. The curriculum begins with basics on wisdom and decision-making, viewing life as a stewardship, restoration and reconciliation in relation to the University, God and others. The curriculum then focuses on specific areas applicable to those students who are in attendance. You will identify the values and convictions that shape your decision-making skills and help you reach your goals.

**Develop a flyer:** You will develop a flyer to be posted on your hall bulletin board. You have creative license as long as the poster, in some way, is aimed at educating others on an aspect of your violation and is consistent with Liberty’s core values.

**Goals Worksheet:** You and the Associate Director will review the S.M.A.R.T. goal worksheet. You will then complete the worksheet and e-mail it to your Associate Director who will schedule a time to review the completed worksheet with you. This is an opportunity for you to create a healthy goal that will distract you from unhealthy choices.

**Inclusion Discussion:** You will have the opportunity to meet with a member of the Office of Equity and Inclusion to discuss some of the following topics: self-discovery, your interactions with others, philosophies regarding diversity, equity, and inclusion, and opportunities to be a supporter of appreciating differences in others. Upon the completion of your Inclusion Discussion, you will write a brief reflection about your experience.

**“Letter to” Assignment:** You will write a letter to one of the following (choose only 1).

- **First-Year Self:** You will write a letter to yourself as a first-year student in college or as a high school senior and share advice on what you have learned and explain how the information could have been helpful now.

- **Letter to Friend/Members of your organization:** You will write a letter to the members of your organization or your friend. In the letter, you should address the incident and explain your feelings. Explain how this has potentially impacted your college career at LU and your future beyond LU. You should also include the impact this had on your bond and how this reflects the values you have with those involved.

- **Letter to Future Child:** You will write a letter to a future child and share how this incident has impacted your life. You will discuss in the letter how you felt during the incident, how you felt when you realized there would be consequences for your decision, and how you felt after learning the consequences. Explain to a future child why it is important to make responsible and positive decisions.

- **Letter to Future Self:** You will write a letter addressed to your future self using the website www.futureme.org. The letter should remind your future self about values, feelings, lessons learned, hopes for the future, and/or wanted change.

- **Letter to Loved One/Mentor:** You will write a letter to the loved one or mentor of your choice and share how this incident has impacted you. You will share why you are choosing to write this letter to them and why you feel your actions may have affected them. You will express in the letter how you felt during the incident, how you felt when you realized there would be consequences for your decision, and how you felt after learning the consequences. Explain to your loved one or mentor what you have learned about the importance of making responsible and positive decisions.
Lust Free Living: This is a group developed to help young men to overcome an addiction to pornography, develop purity and integrity in their lives, and become honorable and Godly men, husbands, and community members. All of the students meet for a lesson and then break into small groups for accountability. Small group leaders stay in touch with those in their group during the week to encourage them in overcoming their addiction. You and your Associate Director will decide on a determined amount of meetings that you need to attend.

Man Up: This is a group for male students that works through a book called *Every Young Man, God’s Man* by Stephen Arterburn. You and your Associate Director will decide on a determined amount of meetings that you need to attend.

Personal Reflection Essay: You will complete an essay reflecting on the choices made regarding this incident including your decision-making process, your understanding of a policy, or the purpose of the policy. Your essay will address the following questions: (1) How you feel about your actions? (2) Do your actions reflect your morals/values? (3) What you will do in the future? (4) What you will not do in the future? (5) What advice would you give someone who finds themselves in a similar situation? This paper should not serve to justify your actions or evaluate the actions of others, and it is not an opportunity to debate the validity of the Student Honor Code or Liberty University’s Community Standards.

Perspective Interview: You will interview at least one person who reflects the identity of the individual you wronged. You will need to provide the person with a reason as to why you are interviewing them. You will ask questions that will allow you to learn why your actions may have been interpreted as hurtful by seeing your actions from another perspective. You will also ask the interviewee what they think can be done to restore the harm. After your interview, you will write an essay explaining what you gained from this perspective.

Pros and Cons Reflection Essay: You will create a list of the pros and cons regarding the decision you made. Each list should have at least five items. You will also complete a reflection essay on your list. Your reflection should focus on how you made your decision, whether or not it was the correct decision, and how you might make decisions differently in the future.

Potential Employer/School Conduct Questionnaire: You will complete a questionnaire in order to better prepare you to answer questions about your conduct history to future employers and graduate schools.

Student-Created Exercise: You will be able to create your own assignment. You will work with your Associate Director to develop an innovative task you feel will help you learn from your experience. Your Associate Director will have final approval of this assignment and can adjust the requirements to ensure the proper learning outcomes are met.

Sum it Up Paper: You will sum up the result of your incident in one word. You will explain why this is the word you chose to summarize your incident, your feelings regarding the incident, and how you can avoid future incidents.
**Ted Talk Video:** You will watch an assigned Ted Talk and write an essay on what you learned from the video. You will answer the following questions to demonstrate how you can apply concepts from the video to your life: What was the speaker's main message? What part of the video resonated with you the most? In what ways do you plan to incorporate the lessons shared by the speaker into your own life?

**Twitter, Instagram, and Social Media Post:** You will create three (3) social media posts that provide new information to your peers based on the incident in which you were involved. These are not to be physically posted as part of the Community Life process. You will submit these posts to your Associate Director for review. After completing your social media posts, you will write a reflection paper on why you chose those posts.

**Vision Board Workbook – Intentional & Purposeful Goal Setting:** You will create a Vision Board through intentional and purposeful goal setting. You will utilize a Vision Board workbook to reflect on your goals, accomplishments, inspirations, and improvements. You will then create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision.
**WELL-BEING PATHWAY**

**Active Living Plan:** You will develop an Active Living Plan centered on physical activity and share the plan with your Associate Director. You will implement your plan over the course of 2 weeks and may be required to show proof of participation. Upon completion of your plan, you will write a brief reflection on your experience.

**Anxiety Toolbox:** This workshop, facilitated by Student Counseling Services, is intended to help increase your understanding and knowledge about anxiety. The goal is to provide you with life-long tools you can use while facing anxiety-triggering situations.

**Armor Bearers:** This is a group that helps male students who are struggling with same-sex attraction and sexual addiction. The basis of the group is to grow as men of God. Growing as men of God takes the focus off of fixing oneself and instead allows them to grow closer to the Lord. You and your Associate Director will decide on a determined amount of meetings that you need to attend.

**Attend Accountability Sessions:** You will attend a determined amount of meetings with someone that you and your Associate Director decide will be the best fit to keep you accountable in your area of need, whether it be spiritual, emotional, physical, social, or academic. This could be an LU Shepherd, a member of your hall leadership, a mentor, faculty/staff, etc.

**Attend Campus Community/Community Groups:** Campus Community is the central gathering place for worship and spiritual growth at Liberty. All spiritual life flows out of this Word-centered worship service. Community groups are held weekly, on Wednesday nights following Campus Community. Centered on prayer, confession, and repentance, gathering in smaller groups allowing you to ask the question, “How does the truth we all heard in Campus Community apply in my life?”

**Attend Celebrate Recovery:** Celebrate Recovery is a Christ-centered 12-step discipleship program for Christians and those investigating Christianity who need help with life's struggles, including areas like chemical addiction, past hurts, codependency, sexual purity, and eating disorders. Celebrate Recovery consists of three components: large group time, confidential open share groups, and men's and women's step studies. Through these environments, you can address any hurt or habit affecting your life.

**Attend a set amount of Bible study sessions:** Bible study sessions are viewed as being a part of a local church or Bible-based organization. This is separate from Community Groups with the same hope of building a healthy community and a solid foundation in biblical truths.

**Attend a set amount of sessions of personal or group counseling:** You will meet with a credentialed counselor, therapist, or pastor. This can be either individual or group counseling. A focus in these meetings should be regarding the area of your violation. You will follow-up with your Associate Director on how you have grown in the area of your violation.

**Blood Alcohol Content Essay:** You will write an essay explaining the details of what Blood Alcohol Content (BAC) is and how it is calculated. The essay should also include how different levels of BAC can impact different individuals.
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**Community Engagement Opportunity:** You will have the opportunity to serve the Lynchburg local community and/or LU community through volunteerism. You will then write a brief reflection on your experience.

**Develop a Dating Contract:** You will develop a dating contract and follow-up with an LU shepherd or a member of your hall leadership to review and refine the plan and its implementation.

**Getting Unstuck:** This workshop, facilitated by Student Counseling Services, is intended to help increase your understanding and knowledge about depression. The goal is to provide you with some skills to recognize and manage symptoms you may be experiencing.

**Letter to Future Self:** You will write a letter addressed to your future self using the website www.futureme.org. The letter should aim to remind your future self about values, feelings, lessons learned, hopes for the future, and/or wanted change.

**Lust Free Living:** This is a group developed to help young men to overcome an addiction to pornography, develop purity and integrity in their lives, and become honorable and Godly men, husbands, and community members. All of the students meet for a lesson and then break into small groups for accountability. Small group leaders stay in touch with those in their group during the week to encourage them in overcoming their addiction. You and your Associate Director will decide on a determined amount of meetings that you need to attend.

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**Mindfulness Reflection Worksheet:** You will complete the Mindful Attention Awareness Scale (MAAS) self-assessment. After completing the MAAS Scale and identifying your score, you will answer four questions and complete an exercise where you focus on mindfulness for seven days and reflect on your experience.

**Personal Reflection Essay:** You will complete an essay reflecting on the choices made regarding this incident and including your decision-making process, your understanding of a policy, or the purpose of the policy. Your essay will address the following questions: (1) How you feel about your actions? (2) Do your actions reflect your morals/values? (3) What you will do in the future? (4) What you will not do in the future? (5) What advice would you give someone who finds themselves in a similar situation? This
paper should not serve to justify your actions or evaluate the actions of others, and it is not an opportunity to debate the validity of the Student Honor Code or Liberty University’s Community Standards.

**Potential Employer/School Conduct Questionnaire:** You will complete a questionnaire in order to better prepare you to answer questions about your conduct history to future employers and graduate schools.

**RIO:** RIO stands for Recognition...Insight...Openness. This workshop, facilitated by Student Counseling Services, is intended to help you cope more effectively with the emotional intensities of life. The goal is to help you get a better idea of what you want to change and how to get there.

**Student-Created Exercise:** You will be able to create your own assignment. You will work with your Associate Director to develop an innovative task you feel will help you learn from your experience. Your Associate Director will have final approval of this assignment and can adjust the requirements to ensure the proper learning outcomes are met.

**Ted Talk Video:** You will watch an assigned Ted Talk and write an essay on what you learned from the video. You will answer the following questions to demonstrate how you can apply concepts from the video to your life: What was the speaker’s main message? What part of the video resonated with you the most? In what ways do you plan to incorporate the lessons shared by the speaker into your own life?

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# Ted Talk Videos

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<tr>
<th>Title</th>
<th>Brief Summary of Video</th>
<th>Video Link</th>
<th>Presenter Name</th>
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<th>Category</th>
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<tr>
<td>Slayinator</td>
<td>Change is possible only if you change your mindset.</td>
<td><a href="https://www.youtube.com/watch?v=JroHZZX1z00&amp;t=3s">https://www.youtube.com/watch?v=JroHZZX1z00&amp;t=3s</a></td>
<td>Matin Eshaghi</td>
<td>6:01</td>
<td>Change in Perspective</td>
</tr>
<tr>
<td>Skipping the Small Talk and Connecting with Anyone</td>
<td>College can be a lonely place when you feel like no one understands you and you don’t know how to get involved and break the ice. This Ted Talk will reveal a secret that every college student should be aware of.</td>
<td><a href="https://www.youtube.com/watch?v=WDbxqM4Oy1Y">https://www.youtube.com/watch?v=WDbxqM4Oy1Y</a></td>
<td>Kalina Silverman</td>
<td>19:41</td>
<td>Communication &amp; Friendship</td>
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<tr>
<td>The battle between your present self and future self</td>
<td>Resisting temptation is hard. People often use commitment devices to stick to their goals. But these commitment devices are not foolproof. Making better decisions by imagining what it’s like to be in the future.</td>
<td><a href="https://youtu.be/t1ZoufuQg4">https://youtu.be/t1ZoufuQg4</a></td>
<td>Daniel Goldstein</td>
<td>15:59</td>
<td>Decision-Making</td>
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<td>Are we in control of our own decisions?</td>
<td>Decision making can be difficult and complex and sometimes we are pretty irrational when we make decisions. The speaker uses behavioral economics to discuss decision-making. Bottom-line – understand your limitations when you make decisions.</td>
<td><a href="https://youtu.be/9X68dm92HVI">https://youtu.be/9X68dm92HVI</a></td>
<td>Daniel Ariely</td>
<td>17:03</td>
<td>Decision-Making</td>
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<td>Building Integrity</td>
<td>Staying committed to your goals. What happens when you break your promise to yourself? Do you make bad decisions?</td>
<td><a href="https://www.youtube.com/watch?v=K8kQ2beNztw&amp;t=29s">https://www.youtube.com/watch?v=K8kQ2beNztw&amp;t=29s</a></td>
<td>Eric Rainey</td>
<td>10:21</td>
<td>Goals &amp; Decision-Making</td>
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<td>The fringe benefits of failure</td>
<td>Convocation address by J.K. Rowling at Harvard in 2008. She speaks about how she used her failure as an opportunity to succeed.</td>
<td><a href="https://youtu.be/wHGqp8lz36c">https://youtu.be/wHGqp8lz36c</a></td>
<td>J.K. Rowling</td>
<td>20:58</td>
<td>Grit/Growth Mindset</td>
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<td>What’s your 200-year plan?</td>
<td>Using your creativity to plan your life.</td>
<td><a href="https://youtu.be/Qzmt2wQMhYo">https://youtu.be/Qzmt2wQMhYo</a></td>
<td>Raghava KK</td>
<td>10:42</td>
<td>Life Planning</td>
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<td>The key to transforming yourself</td>
<td>Being fixated on the old way of doing things when we really want to change. To transform yourself you should avoid running away from your issues and stay committed to making the change.</td>
<td><a href="https://www.youtube.com/watch?v=gLt_yDvdeLQ">https://www.youtube.com/watch?v=gLt_yDvdeLQ</a></td>
<td>Robert Greene</td>
<td>18:29</td>
<td>Personal Development</td>
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<td>Why it's so hard to make healthy decisions</td>
<td>Why do we make poor decisions that we know are bad for our health? In this frank, funny talk, behavioral economist and health policy expert David Asch explains why our behavior is often irrational -- in highly predictable ways -- and shows how we can harness this irrationality to make better decisions and improve our health care system overall.</td>
<td><a href="https://www.ted.com/talks/david_asch_why_it_s_so_hard_to_make_healthy_decisions/upt-next#t-5927">https://www.ted.com/talks/david_asch_why_it_s_so_hard_to_make_healthy_decisions/upt-next#t-5927</a></td>
<td>David Asch</td>
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<td>Decision-Making</td>
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<td>Self-Control</td>
<td>Self-control and how it impacts our impulsive behavior. The difference between long term and short term goals.</td>
<td><a href="https://www.youtube.com/watch?v=PPQhj6ktYS0">https://www.youtube.com/watch?v=PPQhj6ktYS0</a></td>
<td>Dan Ariely</td>
<td>17:48</td>
<td>Self-Control</td>
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<td>Why we all need to practice emotional first aid.</td>
<td>We'll go to the doctor when we feel flu-ish or have a nagging pain. So why don’t we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don’t have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.</td>
<td><a href="https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?referrer=playlist-the_importance_of_self_care">https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?referrer=playlist-the_importance_of_self_care</a></td>
<td>Guy Winch</td>
<td>17:24</td>
<td>Well-Being</td>
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| All it takes is 10 mindful minutes | When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking, or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.) | [https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?referrer=playlist-the_importance_of_self_care#t-337371](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?referrer=playlist-the_importance_of_self_care#t-337371) | Andy Puddicombe | 9:24 | Well-Being |