

LIBERTY
UNIVERSITY
OFFICE *of*
COMMUNITY LIFE

Pathways Handbook



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The Philosophy behind Pathways

As a distinctively Christian university, the biblical principles laid out by God frame all that we do. Though each student's personal beliefs will differ, Liberty believes that the wisdom and knowledge presented in the Bible will provide a firm foundation for all to live by—especially when coupled with a personal relationship with Jesus. The educational sanctions presented in this program are meant to be viewed through the lens of biblical precepts.

The Office of Community Life at Liberty University (LU) works with students who accept responsibility for violating policy by provided a “menu” of educational opportunities to design their own learning experience. The educational opportunities have been grouped into three categories called Pathways. Each Pathway is designed for the student to develop skills for immediate and long-term success.

Pathway Plan Descriptions and Learning Outcomes

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. The student will be able to demonstrate an understanding of specific policies, rules, and philosophies and how to make decisions that align with agreed-upon standards.

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 and/or those around them. The student will be able to demonstrate an understanding of how their decisions may be viewed from various perspectives and/or how their decisions can impact themselves and/or others.

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 productive members of the LU community. The student will be able to identify elements present in their life that contribute to making decisions that align with agreed-upon and/or personal standards and develop strategies to support those elements.

How It Works

1. Review the different paths/descriptions on your own.
2. Determine with your Associate Director which path best suits your situation.
3. Choose 3-5 sanctions that you and your Associate Director agree will benefit you.
4. Complete the sanctions within the deadlines provided.
5. Meet with your Associate Director to review the completion of your Pathway.

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.

Core Values Paper: This item will allow you to gain a new perspective of how you make decisions by identifying the core values that you desire to live by. You will research and identify your top 5 Core Values. You will then write a reflection paper on what your top 5 Core Values are, why they are important to you and how they influence your daily decisions. You will reflect on how these values may have been impacted by the decision that led to your violation and how you will use these values to support the agreed upon standards as a Liberty Student.

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.

Personality Assessment: You and your Associate Director will decide on what assessment you would like to take to better understand your personality, what motivates you, and how you interact with others. After taking the assessment, you will email your results to your Associate Director to review together. You will also write a reflection paper on 3 new things you learned about yourself and how you can use what you have learned to positively impact you moving forward. Three free options are www.Principlesyou.com, www.16personalities.com, and app.cloverleaf.me/take-disc.

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

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. You will provide your Associate Director with a brief summary about the process and indicate whether or not the feel the process was beneficial to their overall perspective/well-being.

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?" You will provide your Associate Director with a brief summary about the process and indicate whether or not the feel the process was beneficial to their overall perspective/well-being.

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.

Boundaries in Life: This assignment involves learning what defines healthy boundaries, their purpose, and how to incorporate them in life. You will watch a 30-minute teaching and fill in a worksheet as you view the content on healthy boundaries. Upon completing the teaching and worksheet, you will complete a reflection paper that answers two questions: How were boundaries utilized (or not utilized) in the incident reviewed with your Associate Director? What did you learn about boundaries that you can now incorporate into your daily decisions?

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.

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. You will provide your Associate Director with a brief summary about the process and indicate whether or not the feel the process was beneficial to their overall perspective/well-being.

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.

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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 a 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 work- sheet. 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.

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 do you feel about your actions? (2) Do your actions reflect your morals/values? (3) What will you do in the future? (4) What will you refrain from 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.

"Letter to" Assignment: You will write a letter to one of the following. The letter should demonstrate a reflection of the choices that led to your violation and explain what you have learned and/or what the recipient may learn from your experience.

- Your First-Year Self
- A Friend
- Members of your organization
- Your Future Child
- Your Future Self
- A Loved One
- Mentor

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.

Personality Assessment: You and your Associate Director will decide on what assessment you would like to take to better understand your personality, what motivates you, and how you interact with others. After taking the assessment, you will email your results to your Associate Director to review together. You will also write a reflection paper on 3 new things you learned about yourself and how you can use what you have learned to positively impact you moving forward. Three free options are www.Principlesyou.com, www.16personalities.com, and app.cloverleaf.me/take-disc.

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.

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. You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to their overall perspective/well-being.

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?" You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to their overall perspective/well-being.

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. You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to your overall well-being.

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. You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to your overall well-being.

Attend a set number 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 provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to your overall well-being.

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.

Boundaries in Life: This assignment involves learning what defines healthy boundaries, their purpose, and how to incorporate them in life. You will watch a 30-minute teaching and fill in a worksheet as you view the content on healthy boundaries. Upon completing the teaching and worksheet, you will complete a reflection paper that answers two questions: How were boundaries utilized (or not utilized) in the incident reviewed with your Associate Director? What did you learn about boundaries that you can now incorporate into your daily decisions?

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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 how your experience has helped you make progress in your well-being as it relates to decision making.

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 contract and its implementation. The contract should reflect an understanding of and adherence to Liberty's standards regarding sexuality and relationships.

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.

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 do you feel about your actions? (2) Do your actions reflect your morals/values? (3) What will you do in the future? (4) What will you refrain from 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.

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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.

Professor Interview: Coping with stress in unhealthy ways can lead to violations and impact your future. This item will allow you an opportunity to connect with one of the professors who has worked in the profession you are pursuing. This item will allow you to learn about the stressors involved in that profession and healthy ways to cope with those stressors. For this item you will schedule an interview with one of your professors who has worked in the profession that you are seeking. You will identify at least 5 questions to ask your professor that will help you gain a better picture of what the profession entails (i.e. stress of the job, healthy coping skills for stress, impact of job on family life, etc.). You will write a reflection paper identifying what you learned from your interview and what healthy coping skills you learned that you can begin applying to your life today.

RIO: RIO stands for Recognition...Insight...Openness. This workshop, facilitated by StudentCounseling 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?

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.

Wellness Journal: This assignment is an opportunity to identify components of wellness that you are struggling with. The act of daily journaling encourages intentional focus on improving these areas as well as identifying their impact on your daily health and function. You will decide with your Associate Director which wellness components you want to track and how many weeks you will track them for (1-4 weeks) using a form provided to you. When completed, you will write a reflection paper on whether you improved in the areas you tracked and describe how improvement (if it occurred) impacted your day to day health and function.

TED Talk Videos

Title	Brief Summary of Video	Video Link	Presenter Name	Duration of Video	Category
Slayinator	Change is possible only if you change your mindset.	https://www.youtube.com/watch?v=JroHZZXlz00&t=3s	Matin Eshaghi	6:01	Change in Perspective
Skipping the Small Talk and Connecting with Anyone	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.	https://www.youtube.com/watch?v=WDbxqM4Oy1Y	Kalina Silverman	19:41	Communication & Friendship
The battle between your present self and future self.	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.	https://youtu.be/t1ZoufuQg4	Daniel Goldstein	15:59	Decision-Making
Are we in control of our own decisions?	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.	https://youtu.be/9X68dm92HVI	Daniel Ariely	17:03	Decision-Making
Building Integrity	Staying committed to your goals. What happens when you break your promise to yourself? Do you make bad decisions?	https://www.youtube.com/watch?v=K8kQ2beNztw&t=29s	Eric Rainey	10:21	Goals & Decision-Making

The fringe benefits of failure	Convocation address by J.K. Rowling at Harvard in 2008. She speaks about how she used her failure as an opportunity to succeed.	https://youtu.be/wHGqp8lz36c	J.K. Rowling	20:58	Grit/Growth Mindset
What's your 200-year plan?	Using your creativity to plan your life.	https://youtu.be/Qzmt2wQMhYo	Raghava KK	10:42	Life Planning
The key to transforming yourself	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.	https://www.youtube.com/watch?v=gLt_yDvdeLQ	Robert Greene	18:29	Personal Development
Why it's so hard to make healthy decisions	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.	https://www.ted.com/talks/david_asch_why_it_s_so_hard_to_make_healthy_decisions/up-next#t-5927	David Asch	16:54	Decision-Making
Self-Control	Self-control and how it impacts our impulsive behavior. The difference between long-term and short-term goals.	https://www.youtube.com/watch?v=PPQhj6ktYS0	Dan Ariely	17:48	Self-Control

Why we all need to practice emotional first aid.	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.	https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?referrer=play_list-the_importance_of_self-care	Guy Winch	17:24	Well-Being
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=play_list-the_importance_of_self-care#t-337371	Andy Puddicombe	9:24	Well-Being
The Power of Honesty, Humility & Honor	Steve Shenbaum explains how honesty, humility, and humor allow us to be the best we can be in life.	https://youtu.be/MTuZmPePCho	Steve Shenbaum	18:13	Understanding

How to Gain Control of Your Free Time	There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives and offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got."	https://youtu.be/n3kNIFMXslo	Laura Vanderkam	11:54	Understanding, Well-being
Do You Have The Guts To fail?	The idea of changing the world starts with doing the small things and doing them well. If life organization is key. How do you organize your life. How can you make sure those items help you achieve your goal and help you grow. What helps to organize your life and what doesn't.	https://www.youtube.com/watch?v=M99NCxROa-Q	Denzel Washington	22:24	Understanding, Growth Mindset
Changing the World – Admiral McRaven	Failure is not the end but an opportunity to grow. How do you move through these circumstances and what does growth look like. There are several areas that are discussed in this video. At minutes 8:46 through 16:00 what areas do you think will be a focus for you and why?	(501) Admiral McRaven addresses the University of Texas at Austin Class of 2014 - YouTube	Admiral McRaven	19:26	Understanding, Growth Mindset