Name

Professor name

Subject

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Psychology paper

My three academic goals are; to develop an assertive personality, doing things efficiently and managing stress. My goal is to see myself as a person who is capable of doing things efficiently. I think these three goals will allow me to become a better student and a better worker. These three goals are important for me to survive in the academic world because today it has become an extremely competitive place. Students need to develop extraordinary skills for attaining better outcomes. I intend to meet these goals by using a WOOP framework. I will identify the need for fulfilling these goals and then create outcomes. This will permit the top focus on specific areas that require work. I would develop a strategy and plan because it will be easy to follow it. I will focus on addressing each goal independently by following a clear plan. I believe that if I fail to attain these goals I would remain a struggle in my academic career. I, therefore, aim to attain these goals because they are crucial for my academics.

WOOP for Goal 1

Wish: I wish to develop an assertive personality that will allow me to speak for myself and sharing my concerns on my personal beliefs, feelings and views. This will allow me to stand for my rights and express desires appropriately that I consider as an important interpersonal skill.

Outcome: The best outcome of this goal is to become a highly expressive person.

Obstacle: The obstacles that would affect my goal attainment process include low confidence, emotional issues and lack of communication.

Plan: The action involves overcoming my three obstacles; low confidence, emotional issues and lack of communication.

To overcome my low confidence I will try to develop an open personality. I will try to make more friends and talk to them.

I will cope with my emotional issues by developing stress management mechanism. I will learn to handle my emotions of anger, discomfort and try to appear normal on the campus.

I will handle my third weakness by developing appropriate communication skills. I will try to communicate with my friends and class fellows as much as possible. This will help me in developing adequate communication skills. I would learn how to talk with others and convince them about my viewpoint.

WOOP for Goal 2

Wish: I wish to become a highly efficient person by managing things on time.

Outcome: This will allow me to stay organized and also prevent me from becoming procrastinated.

Obstacles: The three obstacles that I face include; procrastination, high level of distraction and lack of interest.

Plan: To deal with procrastination I will try to convince myself to complete work on time. I will change my habit by realizing the need of completing work on-time and for attaining better results.

To overcome distractions I will remove unnecessary things from my daily routine. I will prioritize tasks and activities and remove the ones that waste time. This will allow me to do important things at first and on priority.

Lack of interest is another problem that I face so I will add interest in my studies. I will think that it is not only about by academics and will change my approach towards learning.

WOOP for Goal 3

Wish: I desire to become self-sufficient in managing stress and becoming a composed person.

Outcome: This will allow me to manage work appropriately and appear as a calm person in the outer world.

Obstacle: The obstacles that prevent me from attaining my goal of stress management include overthinking, unnecessary worrying.

Plan: To overcome my obstacle of overthinking I will try to change my thinking pattern. I will try to convince myself that it is useless to overthink because it only undermines one's ability to handle things. I will also develop the capability to avoid worrying about think unnecessarily.

**Deviation from personality**

I scored extremely low (2) in extraversion due to the fact that I was not sociable or talkative. To improve my score I worked on changing my personality. I wasn’t interacting much with the people and maintained a safe distance from them. To change my personality and overcome mu extraversion I intended to improve my communication with others. I focused on becoming sociable by going out and communicating with as many people as possible. This allowed me to overcome my issue of low confidence and introvertness. I changed my pattern of thinking by convincing myself that it is important to interact with others and to find out their viewpoints.

I scored high (6) on the trait of agreeableness. I didn't have to do much for changing this trait. This is because I was friendly and cooperative with the people. I had a positive approach towards others and also was capable of trusting them. This indicates that I possess adequate skills in agreeableness. I scored high (6) on the trait of neuroticism. This reflects my high level of emotional instability. I realized that this can be dangerous for my overall personality development. Also, I had to formulate a strategy for getting rid of this behavior. I decided to develop a stress management ability. I used to become tense easily on little things. to overcome my problems of stress and anxiety I decided to change my thinking pattern. Whenever I encounter a difficult situation, I trained to accept the challenge. This approach allowed me to develop a capacity for coping with the tense conditions.

I also scored high (5) on conscientious because I was extremely cautious and dependable on others. Because this is a negative personality trait so I had to overcome it, I decided to deal with this issue by relying on myself and trusting my capabilities.

**Be an everyday hero**

Prosocial behavior stresses on doing things and choosing actions that result in benefits of the others. I experienced this behavior by developing a positive approach to society. This is focused on the concerns of rights, feelings and the welfare of others. Prosocial behavior allowed me to develop a positive attitude towards others. I practised this behaviour by developing an empathetic approach and by treating others with respect. My encounter with anyone at the street was responded with positive energy. I displayed gesture of smile and it made others feel good. To practice this behavior I volunteered my services for the people at hospice care. I managed to build a prosocial behavior by choosing the best interest of the elderly people who were living in hospice care. I treated them with empathy and dignity. This allowed them to establish a sense of self-worth.

I experienced prosocial behavior during my encounter with a road accident. I witnessed an accident occurred at the roadside that hit a young boy. I rushed to the place and called the ambulance. I was trying to comfort the boy by encouraging him to stay conscious. Although I had an important class on that day I missed it for the sake of others. Another thing I did for practising my prosocial behavior was to visit the charity institute and gave a donation for the poor. This was due to my concerns for society and the people. My prosocial behavior is also apparent in my decision of planting trees because I wanted to do something for the people. I realized that plants are much required for overcoming the issues of pollution and global warming. The acts of kindness, help to the people and good deeds are all examples of prosocial behavior. This allows us to think about others.

**Do we see reality**

I agree with the viewpoints of Hoffman on TED provides answers to the basic question of ‘who we are?’ It is crucial to determine the relationship between the brain and conscious experiences. I think that consciousness is the result of irritating nervous tissue. This indicates that whatever we choose or do has a relationship with our brain. It is due to the functioning of the nervous tissue that we engage in different experiences. Brain activity and conscious experiences are interlinked. This means any act chosen by a human being is the result of brain activity. What we believe about different things like tastes, odours, smell and colours is also the product of our brain consciousness. It is thus possible to misinterpret our experiences because we may see things differently. I agree that the same thing may appear different to different people due to the difference in their consciousness. It becomes difficult to assess which one is right.

I agree with Hoffman's claims that human beings construct what they see. This does not prove that they are constructing of seeing the things in the right way. Neuroscientists present a different view by claiming that we reconstruct reality. The experience of red tomato that was a meter away was also a reconstruction. I think we all use this same concept in defining our experiences or in seeing things. when we see something we are inclined to make it a reality that impacts our other experiences. This also reflects that what we see or the way in which we see becomes part of our consciousness and convinces us to recreate that thing in the same manner.