

Three skills i need to improve



Three Skills I need to Improve Part I Identify three skills for studying and learning online from Assessment 3. 1 that you would like to improve.

Develop a brief action plan detailing the steps you will take to develop each skill. Part II Reflect on the people (friends, family, co-workers, social group, etc.) in your life who support your choice to return to school, and answer the following questions: a. Who is part of your personal support system? Briefly describe each person/group. . How has each person or group of people supported and encouraged you in achieving your goals? Identify three skills for studying and learning online from Assessment 3. 1 that you would like to improve . Develop a brief action plan detailing the steps you will take to develop each skill. Overcoming aloneness , Meeting deadlines, Enjoying relaxation I will be trying to work on how to talk with my words verses me always seeing people face to face. I started keeping a personal journal.

I am working on deadlines I seem to wait then realize that it's more work than what I thought. Self-discipline is hard but its working for me with trying to get my work done on day to day. Relaxation I tried that at Panera Bread in the mall just to read over some work it was good. Part II Reflect on the people (friends, family, co-workers, social group, etc.) in your life who support your choice to return to school, and answer the following questions: a. Who is part of your personal support system?

Briefly describe each person/group. b. How has each person or group of people supported and encouraged you in achieving your goals? My husband and children are part of my support system. My daughter is very smart and says mom I can do your work. My husband helps me with understanding of this online school since he's been doing this for a long time. They keep me

encouraged because I get frustrated very quick. My husband says calm down and breath do this at your pace and you will get the hang of it.