

Mindset Reset: A Zen Approach to Student Success

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Objectives

Upon completion of the workshop participants will be able to:

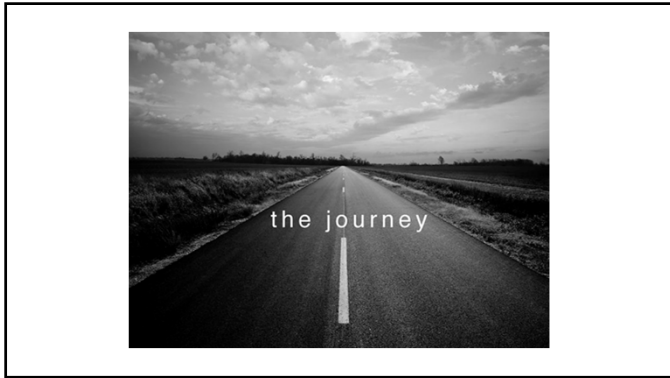
- Define the term *thought work*.
- Apply thought work models to academic success.
- Identify common thought errors.
- Develop strategies for continued practice in academia and professional contexts.

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- Introductions (10 minutes)
- Presentation (30 minutes)
 - What is thought work?
 - How does the concept work?
 - Why does managing your mind matter for academic success?
- Break Out Sessions (30 minutes)
 - Case Studies
 - Thought Work Development Plans
- Share Out (15 minutes)
- Debrief (10 minutes)
- Wrap - Up (10 minutes)



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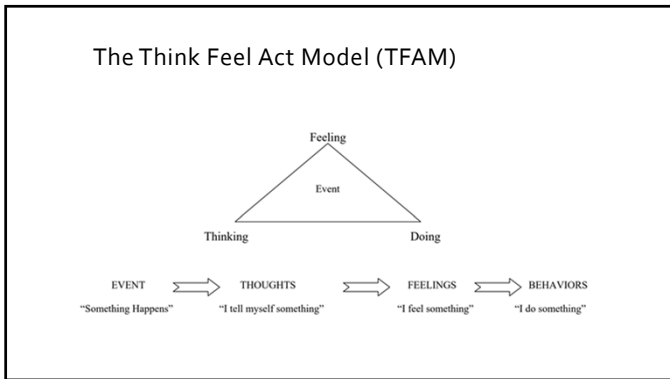


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What is thought work?

- Thought work is the practice of bringing awareness to old thought patterns, mainly negative ones, and replacing them with new thought patterns that help you reach a desired outcome (Castillo, 2014).

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what are cognitive distortions?



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Breakout Session

Case Studies

- **Disqualifying the Positive** - acknowledges positive experiences but rejects them instead of embracing them
- **Catastrophizing** - when you exaggerate the importance of your errors, fears, and imperfections
- **Emotional Reasoning** - acceptance of one's emotions as fact

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Share Out Session

- Give an example of how you demonstrated one the thought errors?
- How can you apply the TFA model?
- Where do you need more work?



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Thought Work Development Plans



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Debrief

- Next steps?
- Where can I get more information?
 - Check out the *Office Hours* blog
 - <https://officehoursdrmario.com>
- Let me coach you!

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Stay In Touch!



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References

- 10 Forms of Cognitive Distortions (Faulty Thinking). (n.d.). Retrieved from <https://www.habitsforwellbeing.com/10-forms-of-cognitive-distortions-faulty-thinking/><https://www.samuelthomasdavies.com/cognitive-distortions/>
- Ackerman, C. (2019, December 5). Cognitive Distortions: When Your Brain Lies to You (PDF Worksheets). Retrieved from <https://positivepsychology.com/cognitive-distortions/>
- Castillo, B. (Master Instructor). (2014, August 21). *Ep #19: Thought Management* [The Life Coach School]. <https://thelifecoachschool.com/podcast/19/>

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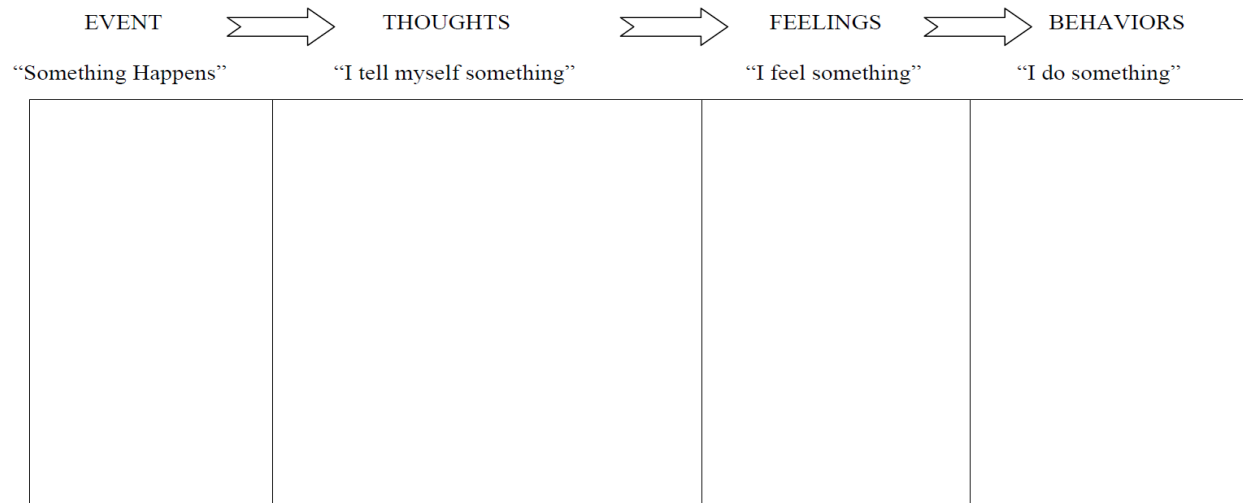
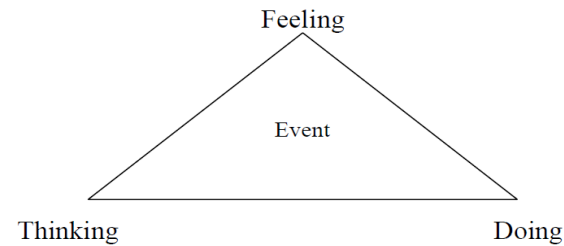
Reference (cont.)

- Nollan, J. (2019, July 15). How Catastrophizing Is Ruining Your Life (And 3 Ways To Stop). Retrieved from <https://www.aconsciousrethink.com/6901/catastrophizing/>
- Tagg, J. (1996). Cognitive Distortions. Retrieved from <https://www2.palomar.edu/users/jtagg/emotion.htm>
- Therapist Aid. (2019, January 7). What are Cognitive Distortions? [Video file]. Retrieved from <https://youtu.be/otFrNM7PnME>

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Thought Work Development Plan

Directions: Over the next week, pay attention to how you react to the daily events that occur in your life. Select one or two scenarios to fill in the table below. Then, answer the *Journal Entry Questions* on the back of the page.



Journal Entry Questions

Part 1 – Data Collection

1. What was the event that caused your thoughts?
2. What were those thoughts?
3. What feelings did thoughts produce?
4. How did you respond to those feelings?
5. Were you satisfied with the results? Why or why not?

Part 2 – Analysis

1. Were your thoughts accurate? Why or why not?
2. Were your thoughts helpful?
3. What thought error(s) did you demonstrate?
4. What thoughts could you use to replace those unhelpful thoughts?
5. How would you feel if you replaced those unhelpful thoughts?

Part 3 – Application

6. What did you learn from this exercise?
7. How can you apply what you learned to develop a personal thought work practice?