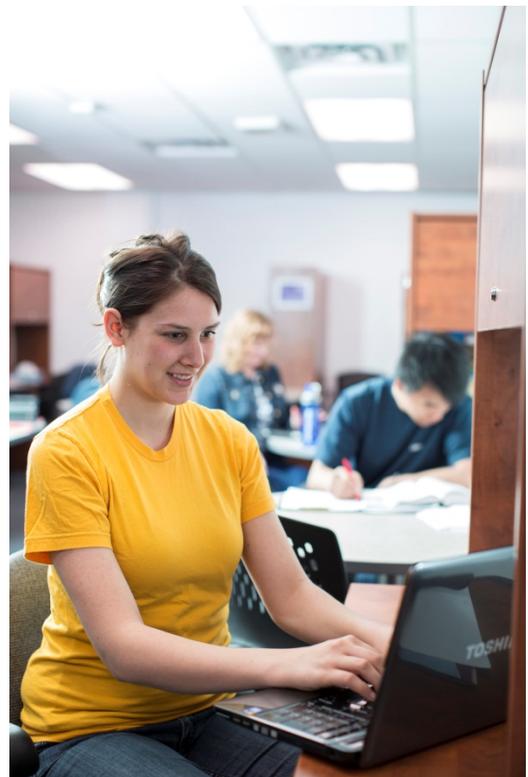


Independence

Independence is the ability to be self-reliant in your thinking and actions. Independent people may seek counsel and advice, but they know in the end the decision is theirs to make.

1. **Find internal motivation.** Evaluate where your motivation comes from. If it comes from others (friend/family) or other external factors, what can you do to help motivate yourself to achieve your goals?
2. **Learn how to make your own decisions.** Begin by weighing the pros and cons of a decision. Ask friends or family what they think about the decision (not asking them to make the decision, but simply seeking guidance). Evaluate the benefits and consequences of each side of the decision. Make your choice.
3. **Try new things.** It's much easier to stick with what we know. It's comfortable and less scary. However, you may never know what great opportunities and experiences may come from trying new things. After you have tried the new experience, you can decide whether or not you want to pursue it again.
4. **Be ok with making mistakes.** Be ok with saying or doing the wrong thing sometimes. Some of history's most honoured men and women made huge mistakes in their journey. Thomas Edison devised 3,000 different models of the electric light before he found the best solution. Only one was successful. Mistakes are part of the journey.
5. **Learn from others.** Who do you know that has great independence skills? Ask him or her how they learned how to be independent.
6. **Be patient with yourself.** Try not to get too discouraged if you find yourself falling back into old habits; everyone does now and again. Learning a new skill is difficult; however it is worth the hard work in the end.
7. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the student success office (2nd floor of South Campus Hall) or call 519-888-4567 ext. 84410.



Adapted from - Stein, S. J. & Book, H.E. (2006). *The EQI Edge: Emotional Intelligence and Your Success*. Mississauga: John Wiley & Sons