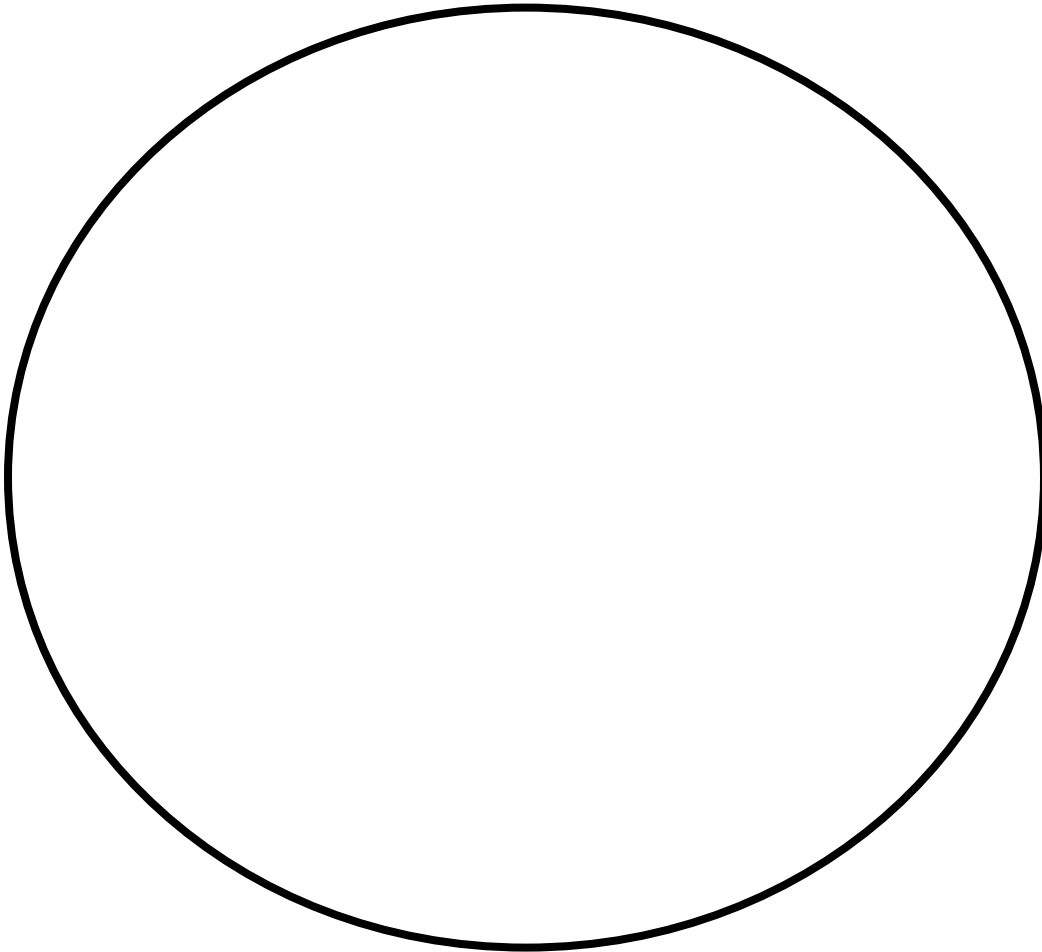


Circle of Control Activity:

1. Please write down everything you can think of that you can control regarding your academics (or that you can at least mostly control) in the center of the circle.
2. Now outside of the circle, (if you want to) make a list of things that you cannot control.



Note: Borrowed (and adapted) from the University of Lethbridge – Counselling and Career Services. Used with permission.