How To: Maximize Your College Experience

WWW.DUNCANKIRKWOOD.COM
DON'T DO THAT!!

This document should not be reproduced, reprinted, or redistributed without express permission from Duncan Kirkwood.
The 3 P's Of College Success

Passion
Get Involved

Perseverance
Overcome All Adversity

Purpose
Start Your Journey
Find Your Passion

COLLEGE HAS TO BE ABOUT MORE THAN TESTS AND HOMEWORK

JOINING CAMPUS ORGANIZATIONS WILL:

- Help You Discover Your Passion
- Create New Opportunities
- Help you develop valuable skills
- Allow you to network with other go-getters
- Bring excitement into your world
Action:

WHICH CAMPUS ORGANIZATIONS WILL YOU JOIN?

TOP THREE CHOICES

WHEN ARE THE NEXT MEETINGS?

WHO IS THE CONTACT PERSON FOR EACH?

NOTES
Overcoming Set-Backs

YOU ARE GOING TO EXPERIENCE ADVERSITY, GET READY FOR IT

GETTING KNOCKED DOWN WONT BREAK YOU
"Falling is how you find your balance"
Duncan Kirkwood

YOUR SETBACK IS THE PLATFORM FOR YOUR COMEBACK

Stop Comparing Your Behind-The-Scenes With Everyone's Highlight Reel

- Carrie Kerpen
Remember the powerful story of resilience demonstrated by:

MALALA YOUSAFZAI

2008
- Prior to this Malala was a normal young Pakistani girl who loved school
- The Taliban took over her village in Pakistan
- The Taliban banned girls from going to school

2012
- Malala spoke out in support of girls having the right to learn
- A Taliban gun-man boarded her school bus and shot her in the face

2014
- Once Malala recovered she continued to speak out in support of girls having the right to learn
- Malala was awarded the Nobel Peace Prize (the youngest awardee ever)
4 STEPS TO OVERCOME SETBACKS

1. **ACCEPTANCE**
   Accept that everyone has setbacks, and you are strong enough to overcome them.

2. **JOURNEY**
   Understand that setbacks are actually part of your journey. Falling is how you find your balance.

3. **FIND THE JOY**
   Having setbacks while following your dreams can be a joyful reminder that you are working towards your purpose. You get smarter and stronger once you get back up from getting knocked down.

4. **KNOW WHO YOU ARE**
   - Understand that your value as a person is not connected to the result, to a setback, to a social media post or anything. You are so much more than your low moments. So keep moving forward.
**Action:**

**WHAT SETBACKS HAVE YOU OVERCOME THIS WEEK?**

<table>
<thead>
<tr>
<th>DATE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>WHAT LESSONS DID YOU LEARN FROM THEM?</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOW WERE YOU ABLE TO MOVE FORWARD?</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
</tbody>
</table>

**NOTES**
YOU NEED TO DISCOVER YOUR PURPOSE
Always Choose Purpose Over Practicality

Duncan Kirkwood
Death is a stripping away of all that is not you. The secret of life is to “die before you die” – and find that there is no death.

**HOW LONG DO YOU SPEND ON SOCIAL MEDIA?**

What is your average screen time per day? 

\[ \text{Screen Time (\# of hours)} \times 30 \text{ (Days)} = \underline{\text{\(\text{\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_}\)} \text{(hours)} \]

\[ \underline{\text{\(\text{\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_}\)} \text{(hours)} \times 12 \text{ (months)} = \underline{\text{\(\text{\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_}\)} \text{(hours)} \]

\[ \underline{\text{\(\text{\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_}\)} \text{(hours)} \div 24 \text{ (hours)} = \underline{\text{\(\text{\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_}\)} \text{(days)} \]

I spend \underline{\text{\(\text{\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_}\)} full days per year looking at other people's lives on social media.

**I HAVE TIME FOR FOR MY DREAM**
Action:

WHAT IS YOUR PURPOSE?

WHAT ARE THE THREE THINGS THAT YOU DO BEST?


WHICH OF THE THREE THINGS BRINGS YOU THE MOST JOY AND WHY?

•

•

•


WHAT STEPS CAN YOU TAKE TOWARDS THAT PURPOSE?

•

•

•


NOTES
You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone.

Roy T. Bennett
What Does Your Dream Life Look Like at 27 Years Old

NAME

DATE

Describe your ideal life at 27, be as descriptive as possible
COLLEGE SUCCESS PLEDGE

I will always place the mission first.
I will never accept defeat.
I will never quit.

Adapted from Army Warrior Ethos
STAY CONNECTED
WWW.DUNCANKIRKWOOD.COM

Duncan Kirkwood
dkirkwood1906  13,299
REROUTING
Resilience Tools and Tactics

Duncan Kirkwood

Grab Your Copy at www.DuncanKirkwood.com
Action:

WHAT SETBACKS HAVE YOU OVERCOME THIS WEEK?

DATE:

WHAT LESSONS DID YOU LEARN FROM THEM?

HOW WERE YOU ABLE TO MOVE FORWARD?

NOTES
Action:

WHAT SETBACKS HAVE YOU OVERCOME THIS WEEK?

DATE:

WHAT LESSONS DID YOU LEARN FROM THEM?

- 
- 
- 
- 

HOW WERE YOU ABLE TO MOVE FORWARD?

- 
- 
- 
- 

NOTES
**Action:**

**WHAT SETBACKS HAVE YOU OVERCOME THIS WEEK?**

<table>
<thead>
<tr>
<th>DATE:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WHAT LESSONS DID YOU LEARN FROM THEM?**

- 
- 
- 
- 

**HOW WERE YOU ABLE TO MOVE FORWARD?**

- 
- 
- 
- 

**NOTES**
Action:

WHAT SETBACKS HAVE YOU OVERCOME THIS WEEK?

DATE:

WHAT LESSONS DID YOU LEARN FROM THEM?

•
•
•
•

HOW WERE YOU ABLE TO MOVE FORWARD?

•
•
•
•

NOTES
Action:

WHAT SETBACKS HAVE YOU OVERCOME THIS WEEK?

DATE:

WHAT LESSONS DID YOU LEARN FROM THEM?

HOW WERE YOU ABLE TO MOVE FORWARD?

NOTES