



Maintaining a positive attitude and mindset can be challenging as you strive to balance your academic goals with the rest of your life. Other times, you may feel like something's got to give and you need help juggling all of your responsibilities. Check out these resources for support.

MOTIVATION



NU STUDENTS SPEAK OUT: STAYING MOTIVATED

This video offers you the opportunity to hear from current National university students as well as some alumni as they share with you their thoughts, suggestions, and experiences with staying motivated throughout their degree program.



RESILIENCE

This LinkedIn Learning video (3 minutes, SSO login required) provides a brief overview of how to “cultivate mental agility” and build resilience to “become [a] better and faster problem-solver and decision-maker”.

GROWTH MINDSET

Have you ever felt like you'll just “never be a good writer” or you'll “always be bad at science”? This series of brief video conversations walks you through some of the integral parts of overcoming those limitations by cultivating a growth mindset. Carol Dweck's popular TED Talk on growth mindset is also included. Click the links, at right, to access these resources.



WHAT IS GROWTH MINDSET?

GRIT and GROWTH MINDSET

EXAMPLES OF A GROWTH MINDSET

[Carol Dweck's TED Talk](#)

GOAL-SETTING



NU STUDENTS SPEAK OUT: GOALS

Hear from current National University students as well as some alumni as they share their current educational goals as well as how those goals evolved as they worked through their degree programs.



DEFINING AND ACHIEVING PROFESSIONAL GOALS

This LinkedIn Learning course (33 minutes, SSO login required) can help you identify the goals that are “most important to your personal and professional life” and “provides specific strategies for achieving your goals.”