

... they have a specific goal, related to their education, which they want to achieve.

... They have a very high need to reach their goals and they know when they need to reach it.

... They are highly optimistic about reaching their goal. Successful students know and can express how it will feel to reach their goal.

...The level of pessimism that successful students feel about not reaching their goal is low because they know and can express how it will feel to fail.

... these students acknowledge the small successes which they have. For example, passing hourly exams, as steps towards reaching their goal.

...The small setbacks on the path toward goal attainment are seen as minor obstacles which can be overcome.

...Successful students are aware of their negative habits such as procrastination, lack of self-discipline, and test anxiety; and they actively work toward overcoming them.

... Successful students anticipate problems external to themselves and think of ways to alleviate them.

... Successful students know whom they can ask for help when problems arise. They seek out advice and assistance when they need it.

...Successful students have a specific plan for achieving their goals. It is specifically stated and has regular checkpoints.