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## ONE STUDENT'S STORY

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### Excerpted from “Chapter Three: Discovering Self-Motivation”

When I got to college, my biggest challenge was staying motivated. I was always going out clubbing with my friends, older sisters, and cousins. I was also shooting pool and hanging out with friends until late at night. I was lazy all the time and couldn't concentrate. I missed classes, fell behind in my homework, and tried to do everything at the last minute. This caused a lot of problems for me, like getting D's on my tests and quizzes. I felt like whatever happened to me was out of my control. I was feeling down and filled with dissatisfaction.

One night I was in a club, watching people drinking and dancing, and I thought, “This is getting boring. I'm tired and this isn't taking me anywhere at all.” It was a good thing that College Success was part of my full time student schedule. Our book was called *On Course*, and it helped me big time. It taught me to see myself as the primary cause of my outcomes and experiences and to find my desires that cause me to act. I was so stupid because my desire was right in

front of me. There are so many reasons why it is important that I do well in college. My parents came to the United States from Laos, and all they ever wanted was a better life for their kids. It was hard for them in a new country, and we never had very much money. I realized I was being a loser and letting them down. Also, I am the first man in my family to go to college and my lovely five little brothers look up to me. I need to show them what a good role model their big brother can be. I want a career that will allow me to help my family, and when I have children, I don't want to be a dad working in MacDonald's. My dream is to be a pharmacist, but I was headed in the wrong direction.

I come from a poor family, and I don't ever want to be like that in the future, so I had to make changes right away. I stopped going out to clubs and started taking responsibility. I became more outgoing in class. I studied two hours or more every day. I started getting A's and B's on my tests and quizzes. I finished the semester by raising my D grades to B's. As you can see, I've gone from being a lazy, unmotivated guy to a responsible outgoing, I-control-my-destiny man. Now I don't feel like a victim any more. I've actually started to feel like a hero to my parents, my little brothers, and even to the small community where we live.