

# Let Go of the Ridiculous and Get Going in College!

## An Accelerated Learning Workshop for Freshman Orientation

### Peer Pressure be gone!

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This interactive conversation opens student up to the challenges that they will face in college and helps them to create an attitude of independent thinking so that they don't sidetracked by peer pressure, or blindsided by situations which could be detrimental to their future.

### Hang with Winners, or else...

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Studies have shown time and again that who we hang out with has a direct correlation on success or failure. Students will be encouraged to select their friends carefully because the wrong friends could be the death of your career, or even your life.

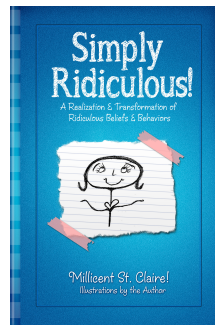
### The Golden Rule is Real

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The Golden Rule is a very real expression of how to show up in the world. Students will be exposed to the Virtue of Character which will positively shape their lives for the better and contribute to their overall academic and professional success.



### You can make the transition into college smooth...



Based on the hot-selling book entitled, *Simply Ridiculous*, Millicent St. Claire uses a creative and humorous approach to the challenges students entering college often face.

This workshop looks at taking on new responsibilities, managing time, handling life's stresses, honestly facing ridiculous behaviors, buckling down to college life, and making responsible decisions - all in a non-threatening manner. Students will learn to identify when they're being immature and ridiculous and the behaviors that lead to academic achievement or failure.

Students will be introduced to their multi-faceted human brain and how to tap into its unused potential and discover more of their natural brilliance. This program is designed to help students focus on character development in addition to academic achievement.

#### Workshop Objectives:

- Become more self-aware and empowered as an independent thinker
- Learn to select friends that will contribute to your success
- Take complete responsibility for your life and learning and outcomes

#### Workshop Outline:

- Character Development to enhance academic achievement
- Recognizing immature and ridiculous social behaviors and choosing to let them go
- Being pro-active with the power of suggestion & self-talk and using it deliberately
- Stress shuts learning down and physiology affects learning outcomes. How to control your state of mind and body for maximum results
- Creating a love for life-long learning

**Participation:** To gain the intended benefits, full participation in all exercises, a positive attitude and open mind are required.

#### Your Facilitator:

Millicent St. Claire is an Accelerated Learning and Master PhotoReading Instructor. Also a Joy-filled Seminar Leader, Coach and Best Selling Author, she rocks with positive energy and innovative human development protocols that get results. Everyone leaves with an expanded vision of themselves and practical new tools for living as they learn how to Let Go of the old paradigm and Move On to new frontiers!

