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Course Name: AAA - On Course

Resources used:

To write this I studied and referenced this official On-Course page:

<http://oncourseworkshop.com/course-textbook/essay-contest/#>

On Course Final Essay**by Cody Oebel**

I would like to begin telling you my story first starting with what really challenged me

during my On-Course semester at college. It was my first few weeks of On Course, I

hadn't been in an academic environment since I was in my teenaged years. I didn't know

what to expect. I had to first grasp how to log into the colleges web-portals and acclimate

myself to the education environment. I felt no homeostasis in the class room, my introvert

hermit self and behaviors quickly dominated me. As the weeks went by I begin feeling comfortable with everyone. The On-Course class will inevitably get you comfortable with your class-mates. I participated in the group exercises and became acquainted with the classes activities and expectations; I began enjoying the presence of working in a team.

I found my roll, my path, my kung foo become very strong as I'd like to say in the arts of improving "Self-Management". Yea yea, I know what you're thinking trust me I do; especially if this is your first few weeks of On-Course. Right about now you're thinking "Oh, my gosh this class is such propaganda. I'm not a high school kid fresh into college needing philosophies I find disdain, or responsibilities talk in an adult environment".

That part in you that feels annoyed you're paying for this class but feel like there's nothing you can learn from it that you feel you don't already know. I felt that too. However, let me assure you this class does have a very eccentric and subversive modus operandi to influence your psyche with its unique Neoplatonism.

You will not realize it but subconsciously even as an adult at the end of the semester you will see the transitions of your thinking behaviors change drastically.

As you get preached and disciplined in the gospel of On Course you will inadvertently manifest your behaviors into that which you're actively doing.

The course will mold your neurological pathways. You'll become more organized, and this I am telling you, the audience and reader is what I personally experienced throughout this very course. I began sloppy, inundated with chaos and entropy, discombobulation would be nicer said on other times, and then when you think you got it.

You get challenged!!!!

The wrench in the gears is what I am talking about. Where you thought you had grasped these self-management strategies. Maybe you felt you were near perfection in managing your time in class and out, but then something goes awry and totally wrong to say the least. Your about to face a tribulation of college one that's real, one that I'm going to share with you intimately and with brevity. This is what happened to me.

I moved from Texas to Colorado about three years ago before starting this class.

The greatest fear since being here is trying to pay bills, rent, and knowing of

my mother's progressing poor health could lead to her death while I was here in

Colorado, and she was states away in Texas. This bearing of that mental burden I buried.

I literally could not afford to fly or visit her for her burial if she died today as I write this.

Not without me, my wife, and our six children possibly being put on the streets for not

paying rent. Something that in my mind I stomached down ignoring the reality yet

consciously counting the months passing which quickly turned into years of being away

from my mother. She wasn't in the greatest health when I left, which always concerns

me.

Then, spontaneously, just like that. She calls me and tells me she's driving to Colorado.

I'm so very excited to the point of crying wanting to get quality time in with her.

Emotionally driven I over-looked the two hours of study time per one hour of class time.

Final exams in algebra, Finals in On-Course; all of it due next week, and she's here in

these last weeks of the semester. What do I do? Emotions over-whelmed me.

She arrived and I didn't want to miss a minute with her each day she was visiting. I knew the grading system is merciless; it's do or die, pass or fail, do or do not. I was feeling emotionally over-whelmed as I didn't want to hate college by putting it first and missing valuable priceless time with her, yet I didn't want to feel anxieties and failure trying to play catch up when she left. I knew I needed to execute really good "Self-Management" more specifically, time management. I knew this would allow me to get everything in order without having a mental wreck of "To-Do's" stuck in my head with more due dates than I can possibly remember. I woke up at 4am, did my workout, and studied while my mother slept. I made time when time couldn't be made it seemed. Writing things down, organizing your day, week, month and entire semester ahead of time, and challenges like mine are much easier to over-come. I missed one class during her visit, yet I completed the next two weeks of home works for all my classes during her visit. To ensure I bought myself stress free visitation time with her, and I could sleep at night

knowing I'm going to pass my classes. We all know there's a successful choice; it's making that choice that sets creators apart from those who aren't successful.

When you organize yourself and your priorities you can deal with the dynamics of life!

QUOTE: The only thing truly static is the dynamics of change! Easier said "The only thing that isn't going to change is change itself".

The Strategy

My strategy was buying calendar organizers from office supply stores like a business person might do in order to schedule important meetings, and events, and be on time to each. I dropped none-essential scheduled tasks and prioritized high-value obligations.

The Outcome

The outcome was that while under pressure and over-whelming human senses and emotions. By using "Self-Management" I effectively endured a perplexing emotional roller coaster; re-captured my senses, focused and had a jovial conclusion to class and my mother's visit as well as two of my children's major school surprise accomplishments.

