

# The Psychology of Success: Tips for Transitioning into the Workplace

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*Alumni Matters, Fall 2015*

*"Your book is terrific. It contains helpful advice and is easy to read." —WARREN BUFFETT*

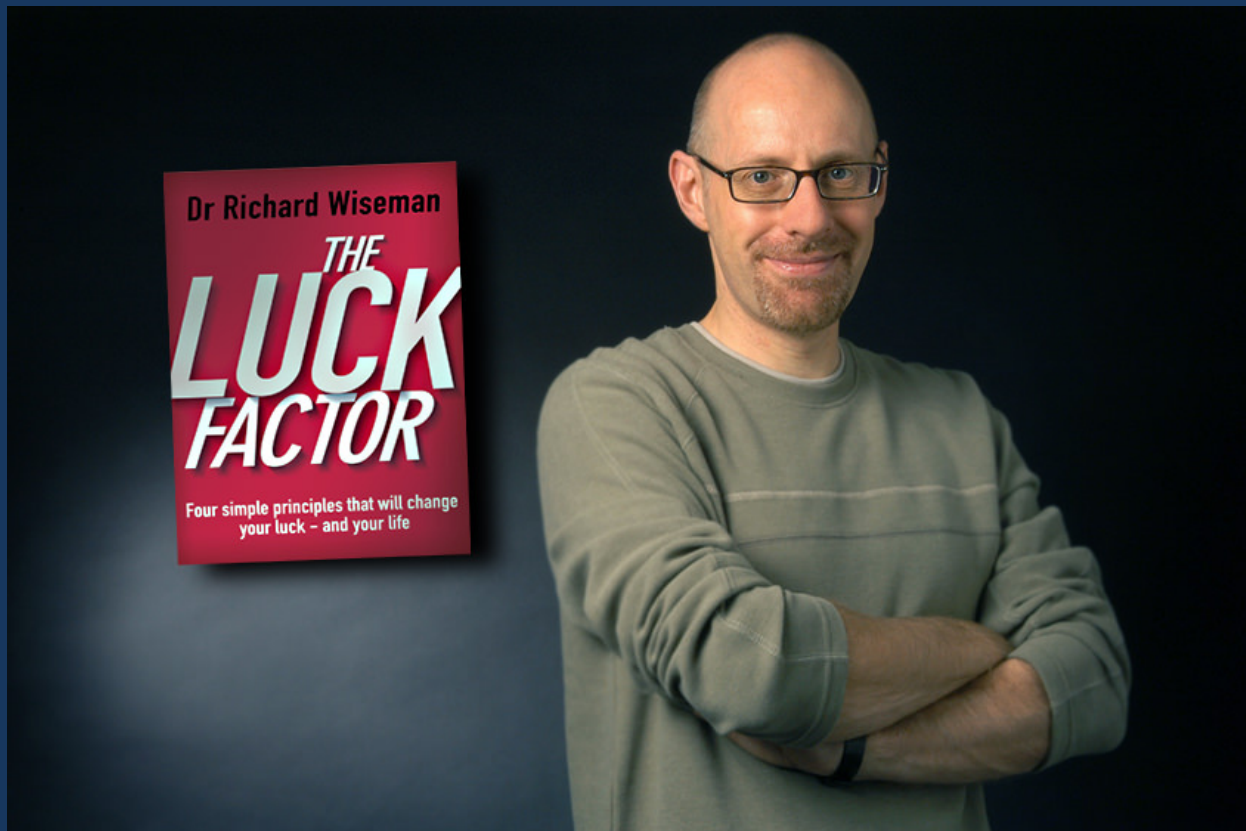
# What I Learned Before I Sold to Warren Buffett

AN ENTREPRENEUR'S GUIDE TO DEVELOPING  
A HIGHLY SUCCESSFUL COMPANY



**BARNETT C. HELZBERG, JR.**  
*Former CEO of Helzberg Diamonds*

# Which psychological factors boost success and luck?



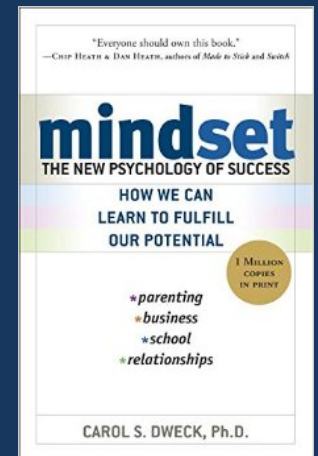
Successful people **create and notice opportunities**  
– they are able to spot them and seize them



# How do they achieve this?

- Overcoming anxiety and worry in order to feel more relaxed and open
- Introducing variety into their lives whenever possible

## Openness to experience – a key to success throughout career development



How we perceive and deal with setbacks:

## Resilience

The ability to modulate and constructively harness the stress response

Basically – adapting usefully in the face of stress so that it doesn't break you



What a successful job search looks like:

no, no, no, no, no, no, no, no, no, no, no, yes!



"I just love being ignored!"

Said no one ever.



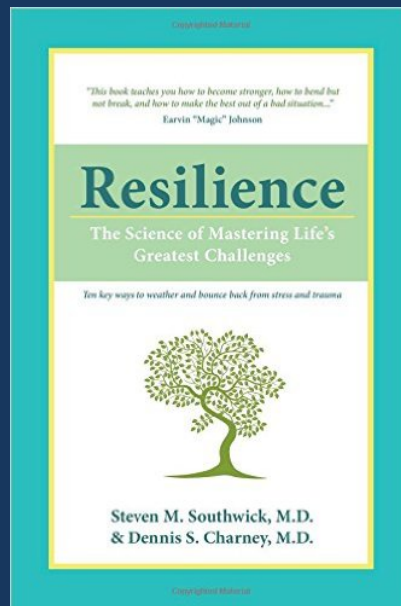
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# How to build resilience

Your level is partly inborn and formed in your early experiences, but –

**All of us can increase our level of resilience**



## **1. Physical fitness and practicing relaxation:**

Look after yourself, and don't overlook the importance of this

## **2. Social support: Having others to turn to for advice and to help us**

If they deal well with stress, all the better

3. Enhance your **positive emotions** as much as you can

4. **Accept challenges and take risks** (even if just incrementally)

5. Learn to **re-interpret negative events**

# Other traits linked to success in the workplace

- Openness to **feedback**
- Ability to keep going when feedback isn't instant or available



IS ANYBODY THERE?

Employers are looking for people who can see difficult tasks through, are undaunted by setbacks, and are open to and will act on constructive criticism



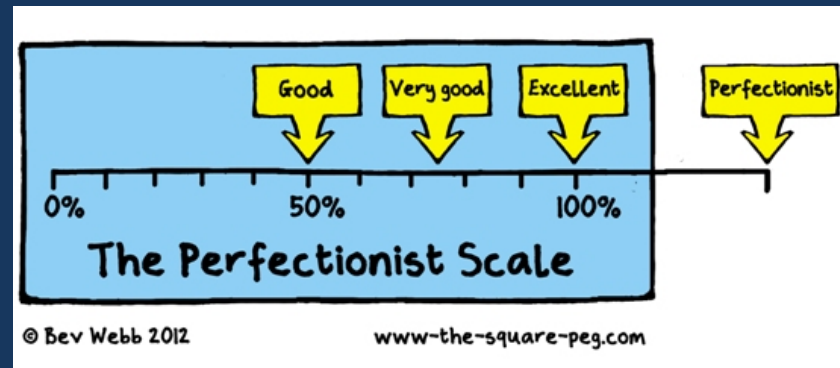
*For when you feel 'why is this important at all?' :*

Know the reason your workplace exists, and remind yourself of it when deciding how to operate each day

# Curb your perfectionism

When you have multiple tasks, you have to just let them go when they are 'good enough'

Too much conscientiousness can immobilise us through fear of failure and disapproval



If things are getting too much – ask your supervisor or boss to make time together and take their advice on prioritising and what you are spending too long on

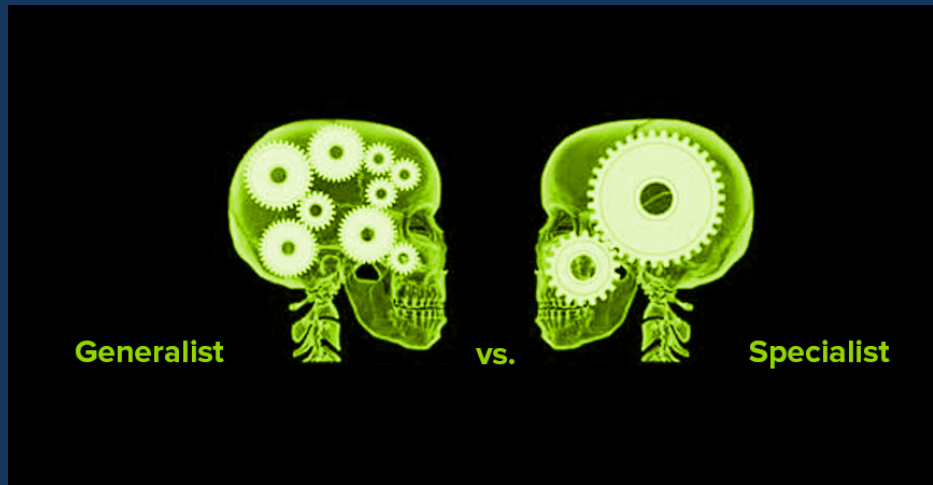
If delegating is part of your job, don't forgo it!





# Foster your generalist skills

Understanding a broader context and having well-rounded skills are key to today's careers

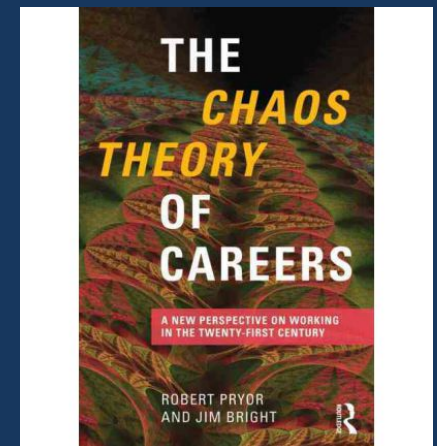


# Flexibility

There's no harm ever in looking at your options  
– you can always reject them

## The Chaos Theory of Careers

Unpredictable factors do affect our trajectory, so  
have the flexibility to follow different paths



# Remember we're still here for you!

Service	Alumni Up to 1 Year After Graduation	Alumni 1-2 Years After Graduation	Alumni >2 years After Graduation
<b>Appointment Career Advising</b>	Yes Maximum 8 appointments (Includes SCAs)	Yes • \$50 Fee • Only for CV and Cover Letter • Maximum 3 appointments	No
<b>Workshops</b>	Yes	No	No
<b>CRC* (Use of Career Library)</b>	Yes	Yes	Yes
<b>Use of CAPS Job Postings</b>	Yes Have to apply for alumni access	Yes Have to apply for alumni access	Yes Have to apply for alumni access
<b>Career Fairs</b>	Yes	Yes	Yes
<b>Company Information Sessions</b>	Yes	Yes	Yes

Career and Planning Services are still available post-graduation

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READY FOR TOMORROW.

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