**PCI Writing Example Paper**

PSY100 – John Doe

Date

 Reading the course overview in our textbook, *Thought Patterns for a Successful Career,* gave me a good understanding what to expect to learn in the book. It is a preview of what is to come. In this paper I will discuss the points made in the overview and explain my thoughts on them.

 The first point I discovered is “You need to prepare for your future in your mind…”(Tice & Pace). The authors discuss how parents prepare children for big changes in their lives, like going to school, by talking about it in a positive way long before the child’s first day at school (Tice & Pace). The message I believe Tice and Pace want me to have is that I need to prepare myself for new things and changes coming in my life by talking to myself in a positive way.

 On the other hand, we are urged to learn to “…block out information that might scare you or make you quit” (Tice & Pace). I laughed at the example they used about women never using the “Men’s” room because they have been taught it is not where they belong. All the equipment a woman needs to use the restroom is there, no matter what the sign on the door says, but if I woman accidentally goes in the “wrong” door she quickly escapes. Tice & Pace explain, “The image in your mind…is what you’ve assimilated into your mind about the way your world looks, what your friends are like, and where you belong.” They go on to explain how this can become like a trap keeping us from reaching our potential (Tice & Pace).

 According to Tice & Pace our self- concept comes from such things as where you were raised, what religion you were brought up in and your financial circumstances growing up. These make up your “self-concept” because these things are what you are familiar and comfortable. It is what you know. Anything different is outside of your comfort zone. The authors explain that they are going to teach me how to move outside of my comfort zone using such techniques as practice in my mind, visualizing, self-talk, blocking out, and rehearsing in my mind (Tice & Pace).

 Finally, they explain that I will learn the important principle about “locus of control” (Tice & Pace). This is the idea of understanding who’s in charge. I will learn how to be in charge of my life instead of allowing outside forces to be in charge. I will learn how to change my mind and why to change my mind (Tice & Pace). I am eager to get started!

References

Tice, L. & Pace, J.(2010) . *Thought Patterns for a Successful Career.* Seattle, WA: Pacific Institute.