

http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep\_df\_postres\_Send?\_\_i... 1/25/2011

Additional Supporting Documentation
Document 9, Page 1

	Reply
	01.25.11   12:2
RE: RE: TB139_V3.0: Wk 5 Dis	
Carolyn, I miss things, too. We'll survive. I'm sure ITT has fail in us.	
	Reply
	01.16.11   09:09
RE: RE: TB139_V3.0: Wk 5 Discuss	
, my relationship is my online course. It's not that I put people on hold, so to speak throughout the course studies outweighs the void I would feel in individual struggles with reg	
	Reply
	01.18.11   11:16
RE: RE: TB139_V3.0: Wk 5 Discuss	
- I have been printing out the study guides that are posted for each week. I find that assignments in front of me and I can read and reread them as much as I would like and I can finish them. Just a suggestion!	
	Reply
RE: RE: TB139_V3.0: Wk 5 Dis	Reply 01.19.11   13:16
RE: RE: TB139_V3.0: Wk 5 Dis	Reply 01.19.11   13:16
RE: RE: TB139_V3.0: Wk 5 Dis I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon- hard copy in front of you instead having to go back forth between the classes online.	01.19.11   13:16 re the week begins so that I have an
I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a
I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon	01.19.11   13:16 re the week begins so that I have an
I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a Reply
, I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon- hard copy in front of you instead having to go back forth between the classes online.	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a Reply 01.23.11   19:15
I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon hard copy in front of you instead having to go back forth between the classes online.	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a <b>Reply</b> 01.23.11   19:15
, I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon hard copy in front of you instead having to go back forth between the classes online. RE: RE: RE: TB139_V3.0: Wk 5 Dis	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a <b>Reply</b> 01.23.11   19:15 e and need to complete an <b>Reply</b>
T do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon hard copy in front of you instead having to go back forth between the classes online. RE: RE: RE: TB139_V3.0: Wk 5 Dis RE: RE: RE: TB139_V3.0: Wk 5 Dis	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a Reply 01.23.11   19:15 e and need to complete an Reply
, I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon hard copy in front of you instead having to go back forth between the classes online. RE: RE: RE: TB139_V3.0: Wk 5 Dis	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a Reply 01.23.11   19:15 e and need to complete an Reply
<ul> <li>I do the exact same thing with the study guides. I print them out a couple of days before idea of what to expect for the next week. It really works and I recommend it for anyons hard copy in front of you instead having to go back forth between the classes online.</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> <li>RE: RE: TB139_V3.0: I carry around the hard copies just in case I'm not at home assignment.</li> </ul>	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a <b>Reply</b> 01.23.11   19:15 e and need to complete an <b>Reply</b> 01.18.11   20:22 work & daily life. It's like sometimes o you, though! And I agree with
<ul> <li>I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon hard copy in front of you instead having to go back forth between the classes online.</li> <li>RE: RE: RE: TB139_V3.0: Wk 5 Dis</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> </ul>	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a <b>Reply</b> 01.23.11   19:15 e and need to complete an <b>Reply</b> 01.18.11   20:22 work & daily life. It's like sometimes o you, though! And I agree with have to go back and fix it! <b>Reply</b>
<ul> <li>I do the exact same thing with the study guides. I print them out a couple of days before idea of what to expect for the next week. It really works and I recommend it for anyons hard copy in front of you instead having to go back forth between the classes online.</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> </ul>	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a <b>Reply</b> 01.23.11   19:15 e and need to complete an <b>Reply</b> 01.18.11   20:22 work & daily life. It's like sometimes o you, though! And I agree with
<ul> <li>I do the exact same thing with the study guides. I print them out a couple of days befor idea of what to expect for the next week. It really works and I recommend it for anyon hard copy in front of you instead having to go back forth between the classes online.</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> <li>RE: RE: TB139_V3.0: Wk 5 Dis</li> <li>RE: RE: TB139_V3.0: Wk 5 Discurs</li> </ul>	01.19.11   13:16 re the week begins so that I have an e not doing it. It is easier to have a <b>Reply</b> 01.23.11   19:15 e and need to complete an <b>Reply</b> 01.18.11   20:22 work & daily life. It's like sometimes o you, though! And I agree with have to go back and fix it! <b>Reply</b>

 $http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep_df_postres_Send?\_i... 1/25/2011$ 

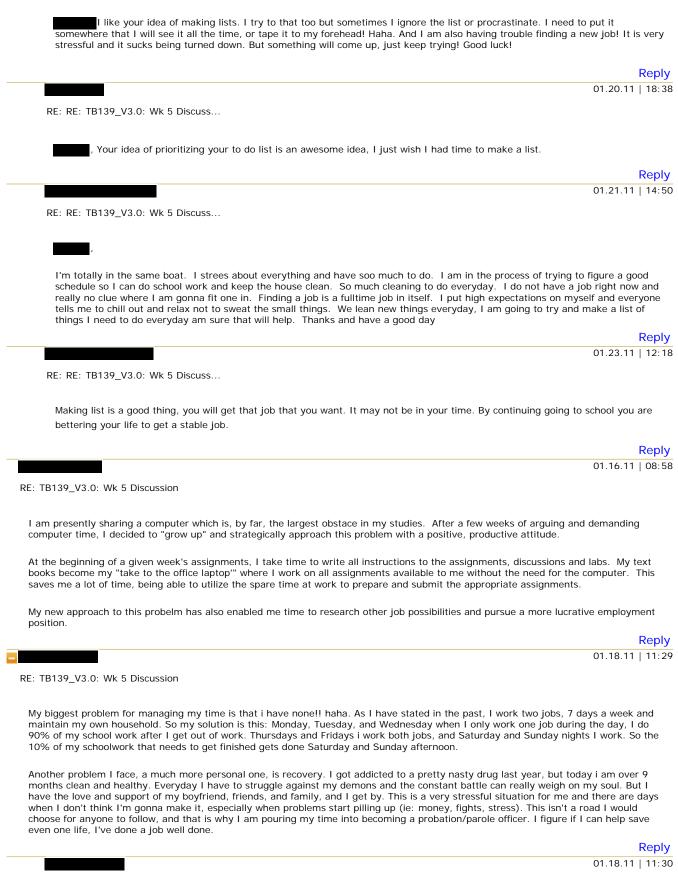
-	01.08.11   22
	RE: RE: TB139_V3.0: Wk 5 Discuss
	As long as you're making the effort to attend school, than your family so be proud of you no matter what choice you make. Fami will always be there for you and they shouldn't have to pressure you to live up to their exspectations. You should live up to your own and have faith in yourself. With your problem of work, you should do the best you can and try not to over stress youself. Yes, I agree that it's hard to "juggle" work and school and trying to make sure your bills are paid. I know exactly where you're coming from in that situation. I'm in a very similar situation and yet I try to make the best of life as I go through it and it's just going to get harder before it gets easier. You just need to make sure that you're number one and don't stress the little things because it'll all work out just fine in the end.
	Rej
-	01.18.11   19
	RE: RE: TB139_V3.0: Wk 5 Dis
	As long as you're making the effort to attend school, than your family so be proud of you no matter what choice you make.Yes, I agree that it's hard to "juggle" work and school and trying to make sure your bills are paid.
	Rej
	01.22.11   12
	RE: RE: RE: TB139_V3.0: Wk 5
	i agree families should be proud of you no matter what and should not judge they should back you up on your decisions.
	Rej
-	01.16.11   01
	RE: RE: TB139_V3.0: Wk 5 Discuss
	happy with yourself and the choices you're making thats all that matters. They may not be supportive of all your decisions, but their openion of what's right for you, may not match what you feel is right for you. Rej
	01.16.11   09
	RE: RE: TB139_V3.0: Wk 5 Dis
	, I would be totally exhausted by 11:00 a.m. each morning if I had to consider my family's expectations of me. Once the courses are completed and our ultimate goal towards an associates degree is accomplished, the example protrayed by our efforts will more than satisfy our families insatiable appetites. I think it is safe to assume that your family is caring a very high regard for your efforts and in the end it will be apparent of their pride in your endeavors.
	Rej
	01.18.11   11
	RE: RE: TB139_V3.0: Wk 5 Discuss
	- I can totally relate to what you're going through with your family. I am in the same boat, except I am the 3 out of 4 children. I was always the "brainiac" in school- except that it's not so much that I'm really intelligent, but that I try really hard an I want to get good grades so I do. Once I got myself on that track, it was no longer praised when I did a good job in school, but just expected out of me. Now I'm 5 years out of highschool and no degree. My family has been breathing down my neck for me to something with my life". However, I'm 22, I live on my own, pay all my own bills, hold down 2 jobs and a serious relationship and survive EVERYDAY!!! I have never been more proud of MYSELF, and my family is starting to follow suit. So James, my advice to you is this: make yourself proud, everyone else will fall in line.
	01.19.11   13
	RE: RE: TB139_V3.0: Wk 5 Discuss

 $http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep_df_postres_Send?\_i... 1/25/2011$ 

Additional Supporting Documentation
<b>Document 9, Page 3</b>

Linds of have the same problem. Lum the youngest of three and the ideal stilling is doing very well for himselves. Lum the output one the have graduated form college with bachelors and they expect a whole lot out me. I can relate the stress. but do not let it get you well to himselves. Lum the output one to have it do this for yourself.       Reply         01:20:11 [0:00]       01:20:11 [0:00]         RE: RE: TB139_V3.0: Wh 5 Discuss       Reply         01:20:11 [0:00]       01:20:11 [0:00]         RE: RE: TB139_V3.0: Wh 5 Discuss       Reply         01:20:11 [0:00]       01:20:11 [0:00]         RE: RE: TB139_V3.0: Wh 5 Discuss       Reply         01:20:11 [0:00]       01:20:11 [0:00]         RE: RE: TB139_V3.0: Wh 5 Discuss       Reply         Ot 20:01 [0:00]       Reply         01:20:11 [		
PI: D0:11   08:07         RE: RE: TB139_V3.0: Wk 5 Discuss         I understand completely where you are coming from I am in the same situation with the family issue as well as with the work to pay the bills I know it can be really aggravating at times, but just try to stay positive through I at and realize u are bing of dark for you.         Reply         01:20.11   18:37         RI: RE: TB139_V3.0: Wk 5 Discuss         Just do your best       and I am sure everyone will appreciate it all. It is very difficult to juggle everything trust me I know, but just do your best and flats all we can do.         RE: RE: TB139_V3.0: Wk 5 Discuss         James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby         RE: RE: TB139_V3.0: Wk 5 Discuss         James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby         RE: RE: TB139_V3.0: Wk 5 Discuss         Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying jeb. So scheels has lets of opportunities.         RE: RE: TB139_V3.0: Wk 5 Discuss         RE: RE: TB139_V3.0: Wk 5 Discuss         Reply         01.23.11   12:17         RE: RE: TB139_V3.0: Wk 5 Discuss         Reply         01.23.11   12:17         RE: RE: TB139_V3.0: Wk 5 Discuss      <	sibling and her husdand is unfortantly still living off of mom and dad and will not do anything for themselves. I am the only one t have graduated from college with bachelors and they expect a whole lot out me. I can relate the stress, but do not let it get you	
RE: RE: TB139_V3.0: WK & Discuss         I understand completely where you are coming from I i am in the same situation with the family issue as well as with the work to be provide bills. I know it can be reatly aggrenating at times, but just try to stay positive through it all and reatize u are living day to a for you.         RE: RE: TB139_V3.0: WK & Discuss         Just do your best and thats all we can do.         REPUT         01.22.11       22.11         RE: RE: TB139_V3.0: WK & Discuss         Age to your best and thats all we can do.         REPUT         RE: RE: TB139_V3.0: WK & Discuss         Age to your best and that a number everyone will appreciate it all. It is very difficult to juggle everything trust me 1 know, but just do your best and that sail we can do.         RE: RE: TB139_V3.0: WK & Discuss         Age to your best and that sail we can do.         RE: RE: TB139_V3.0: WK & Discuss         Age to a population of our families, I am the youngest of five and they do expect more out of the baby         RE: RE: TB139_V3.0: WK & Discuss         RE: RE: TB139_V3.0: WK & Discuss         Reput         Mour family should be product that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lets of opportunities.         Reput         RE: RE: TB139_V3.0: WK & Discuss         RE: RE: TB139_V3.0: WK & Discuss <td< td=""><td></td><td>ply</td></td<>		ply
Lunderstand completely where you are coming from I am in the same situation with the family issue as well as with new k to day for you.       Reply         0120.11       18:37         RE: RE: TB139_V3.0: WK 5 Discuss       0120.11         Just do your best and thats all we can do.       Reply         0122.11       22:10         RE: RE: TB139_V3.0: WK 5 Discuss       0122.11         Just do your best and thats all we can do.       Reply         0122.11       22:10         RE: RE: TB139_V3.0: WK 5 Discuss       0122.11         James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby       Reply         0122.11       12:10         RE: RE: TB139_V3.0: WK 5 Discuss       0122.11       12:10         Are: RE: TB139_V3.0: WK 5 Discuss       0122.11       12:10         RE: RE: TB139_V3.0: WK 5 Discuss       0123.11       12:10         RE: RE: TB139_V3.0: WK 5 Discuss       Reply       0123.11       12:10         RE: RE: TB139_V3.0: WK 5 Discuss       Reply       0123.11       12:10         RE: RE: TB139_V3.0: WK 5 Discuss       Reply       0123.11       12:10         RE: RE: TB139_V3.0: WK 5 Discuss       Reply up up to the stand continuing with school. I must say, you need not concern yourself of your fami	01.20.11   08	3:07
pey the bills. I know it can be really aggravating at times, but just try to stay positive through it all and realize u are living day to day for you.  Reply 01.20.11 [18:37] RE: RE: TB139_V3.0: Wk 5 Discuss  Just do your best and thats all we can do.  Reply 01.22.11 [22:14] RE: RE: TB139_V3.0: Wk 5 Discuss  James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Reply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss  Resply 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk	RE: RE: TB139_V3.0: Wk 5 Discuss	
01.20.11   18:33 RE: RE: TB139_V3.0: Wk 5 Discuss Just do your best and thats all we can do.	pay the bills. I know it can be really aggravating at times, but just try to stay positive through it all and realize u are living day to	
RE: RE: TB139_V3.0: WK 5 Discuss  Just do your best and thats all we can do.		
Just do your best in and i am sure everyone will appreciate it all. It is very difficult to juggle everything trust me I know, but just do your best and thats all we can do.         Reply         01.22.11   22.14         RE: RE: TB139_V3.0: Wk 5 Discuss         James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby         Reply         01.23.11   12:17         RE: RE: TB139_V3.0: Wk 5 Discuss         Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.         Reply         01.23.11   12:17         RE: RE: TB139_V3.0: Wk 5 Discuss         Reply         01.23.11   12:17         RE: RE: TB139_V3.0: Wk 5 Discuss         Reply         01.23.11   12:17         RE: RE: TB139_V3.0: Wk 5 Discuss         RE: RE: TB139_V3.0: Wk 5 Discuss         RE: RE: TB139_V3.0: Wk 5 Discuss         Asso, juggling bills and pay is something I vee been dealing with, but I keep my mind on positivity as much as I can and I see it Is working out for the best. Be strong         RE: TB139_V3.0: Wk 5 Discussion         RE: TB139_V3.0: Wk 5 Discussion         RE: TB139_V3.0: Wk 5 Discussion         At polaiming with the most important thing and ending with the least important. An add		3:37
Just do ýour best and thats all we can do.       Reply         01.22.11       22:14         RE: RE: TB139_V3.0: Wk 5 Discuss       James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby         Reply       01.23.11         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply         Our family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.       Reply         01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply         01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply         01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply         Mark and pay is something I ve been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong         RE: TB139_V3.0: Wk 5 Discussion       Reply         A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginging with the itelst important. An additional challenge I'm facing is finding a job. I'm coping with the itelst important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if 1 get turned down, and still putting forth the effort.	RE: RE: TB139_V3.0: Wk 5 Discuss	
01.22.11       22.14         RE: RE: TB139_V3.0: Wk 5 Discuss       James 1 know it's really hard to live up to expectations of our families, 1 am the youngest of five and they do expect more out of the baby       Reply         01.23.11       12:17         RE: RE: TB139_V3.0: Wk 5 Discuss       01.23.11       12:17         RE: RE: TB139_V3.0: Wk 5 Discuss       Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.       Reply         01.23.11       19:15       RE: RE: TB139_V3.0: Wk 5 Discuss         RE: RE: TB139_V3.0: Wk 5 Discuss       01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply       01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply       01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply       01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Nish you good fortune and many blessings.       Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong       Reply         01.16.11       01:06       RE: TB139_V3.0: Wk 5 Discussion       Reply         01.16.11       01:06		
RE: RE: TB139_V3.0: Wk 5 Discuss James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby 01.23.11 [12:17] RE: RE: TB139_V3.0: Wk 5 Discuss Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities. Reply 01.23.11 [19:15] RE: RE: TB139_V3.0: Wk 5 Discuss Reply 01.23.11 [19:15] RE: RE: TB139_V3.0: Wk 5 Discuss Reply 01.23.11 [19:15] RE: RE: TB139_V3.0: Wk 5 Discuss Reply 01.21.1 [10:02] RE: RE: TB139_V3.0: Wk 5 Discuss Also, juggling bills and pay is something I ve been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong 01.16.11 [10:02] RE: TB139_V3.0: Wk 5 Discussion	Re	ply
James I know it's really hard to live up to expectations of our families, I am the youngest of five and they do expect more out of the baby         Reply         01.23.11       12:17         RF: RF: TB139_V3.0: Wk 5 Discuss         Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.         Reply         01.23.11       19:15         RF: RF: TB139_V3.0: Wk 5 Discuss         RF: RF: TB139_V3.0: Wk 5 Discuss         Main in the will drive you crazy!!!! You need to focus on what you expect out of yourself and being sure to move forward by having confidence in your decisions. I with you good for thue and many blessings.         Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong         RE: TB139_V3.0: Wk 5 Discussion         Aproblem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting fort the effort.         Reply         01.18.11       20:24	01.22.11   2:	2:14
the baby       Reply         01.23.11       12:17         RE: RE: TB139_V3.0: Wk 5 Discuss       Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.         Reply       01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       Reply         01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       01.23.11         Image: A staying strong and continuing with school. I must say, you need not concern yourself of your families expectations of you. This will drive you crazy!!!! You need to focus on what you expect out of yourself and being sure to move forward by having confidence in your decisions. I wish you good fortune and many blessings.         Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong         RE: TB139_V3.0: Wk 5 Discussion         RE: TB139_V3.0: Wk 5 Discussion         A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.         Reply       01.811       20:24	RE: RE: TB139_V3.0: Wk 5 Discuss	
Reply         01.23.11       12:17         RE: RE: TB139_V3.0: Wk 5 Discuss         Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.         Reply         01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss         Re: RE: TB139_V3.0: Wk 5 Discuss         At a papiaud you for staying strong and continuing with school. I must say, you need not concern yourself of your families expectations of you. This will drive you crazy!!!! You need to focus on what you expect out of yourself and being sure to move forward by having confidence in your decisions. I wish you good fortune and many blessings.         Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong         RE: TB139_V3.0: Wk 5 Discussion         A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.         Reply         01.18.11       20:24		
RE: RE: TB139_V3.0: Wk 5 Discuss  Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.  Reply 01.23.11   19:15 RE: RE: TB139_V3.0: Wk 5 Discuss  Reply and the provide the pro		ply
Your family should be proud that you are trying to better yourself and by doing that you will be able to get a better paying job. So school has lots of opportunities.         Reply         01.23.11 [19:15]         RE: RE: TB139_V3.0: Wk 5 Discuss         Image: A strain of the pay is something and continuing with school. I must say, you need not concern yourself of your families expectations of you. This will drive you crazy!!!! You need to focus on what you expect out of yourself and being sure to move forward by having confidence in your decisions. I wish you good fortune and many blessings.         Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong         RE: TB139_V3.0: Wk 5 Discussion         A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting fort the effort.         Reply         01.16.11 [ 02:04]	01.23.11   1	2:17
school has lots of opportunities.  Reply 01.23.11   19:15 RE: RE: TB139_V3.0: Wk 5 Discuss  RE: RE: TB139_V3.0: Wk 5 Discuss  Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong  Reply 01.16.11   01:00  RE: TB139_V3.0: Wk 5 Discussion  A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.  Reply 01.18.11   20:24	RE: RE: TB139_V3.0: Wk 5 Discuss	
01.23.11       19:15         RE: RE: TB139_V3.0: Wk 5 Discuss       01.23.11         Image: the problem of the p		0
RE: RE: TB139_V3.0: Wk 5 Discuss  RE: RE: TB139_V3.0: Wk 5 Discuss  Rexplay a problem 1 face is stressing over things 1 need to do. My solution to this problem is to make a list of what 1 need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge 1'm facing is finding a job. 1'm coping with this by choosing not to feel bad about it if 1 get turned down, and still putting forth the effort.	Re	ply
Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong          Reply         01.16.11       01:06         Reply       01.16.11         01:06       My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.	01.23.11   1	9:19
expectations of you. This will drive you crazy!!!! You need to focus on what you expect out of yourself and being sure to move forward by having confidence in your decisions. I wish you good fortune and many blessings. Also, juggling bills and pay is something I've been dealing with, but I keep my mind on positivity as much as I can and I see it is working out for the best. Be strong Reply 01.16.11   01:06 RE: TB139_V3.0: Wk 5 Discussion A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort. Reply 01.18.11   20:24	RE: RE: TB139_V3.0: Wk 5 Discuss	
working out for the best. Be strong  Reply  01.16.11   01:06  RE: TB139_V3.0: Wk 5 Discussion  A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.  Reply  01.18.11   20:24	expectations of you. This will drive you crazy!!!! You need to focus on what you expect out of yourself and being sure to move	
01.16.11       01.01         RE: TB139_V3.0: Wk 5 Discussion         A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.         Reply         01.18.11         20:24		
RE: TB139_V3.0: Wk 5 Discussion A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.  Reply 01.18.11   20:24	Re	ply
A problem I face is stressing over things I need to do. My solution to this problem is to make a list of what I need to do throughout the day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.           Reply           01.18.11         20:24	01.16.11   0	1:06
day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I'm coping with this by choosing not to feel bad about it if I get turned down, and still putting forth the effort.           Reply           01.18.11   20:24	RE: TB139_V3.0: Wk 5 Discussion	
01.18.11   20:24	day, beginning with the most important thing and ending with the least important. An additional challenge I'm facing is finding a job. I	
	Re	ply
DE: DE: TP120 V2 0: W/k 5 Discuss	01.18.11   20	):24
KL, KL, 10137_V3.0. WK 3 Discuss	RE: RE: TB139_V3.0: Wk 5 Discuss	

 $http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep_df_postres_Send?\_i... 1/25/2011$ 



RE: RE: TB139\_V3.0: Wk 5 Discuss...

http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep\_df\_postres\_Send?\_\_i... 1/25/2011

It took a lot for me to be able to share that with all of you, so please be kind.

	01.18.11   20:27
	01.18.11   20.27
RE: RE: TB139_V3.0: Wk 5 Discuss	
I just wanted to say CONGRATULATIONS on being 9 months sober!! I really mean that. Reading that is eyes I am having issues with my boyfriend right now, because he got involved in some pretty bad drugs and the addict, I do see and understand how hard it is. It's heartbreaking. And although I don't know you, I am VI being clean because so far, after 4 years and going to rehab, my boyfriend has not been successful in breaking very sad. Keep up the good work.	although I wasn't ERY proud of you for
As for your time management, I couldn't imagine working 2 jobs, 7 days a week & also doing the schooling! S as well. I have a feeling you will be very successful in life, though. :)	So congrats on that,
	Reply
	01.21.11   14:56
RE: RE: TB139_V3.0: Wk 5 Discuss	
Huge congrats. Life can be very hard to deal with, you just have to let some things go and find ways to to de takes a few jobs just to be comfortable and maintain your household. Just remember the final outcome will b all going through now. The economy has really put people on the edge today. I wish you all the luck and aga Remember we will all get through this and be successful in a yr or so and can look back and say it was worth it	e worth what we are ain congrats.
	Reply
	01.22.11   12:49
RE: RE: TB139_V3.0: Wk 5 Discuss	
i tell you it sounds like you have a really busy life and seems like you are doing well with all the work and life thought i had a busy life, i tried to work two jobs before it lasted for about a year before i relized it was not fo how you do it.	
	Reply
	01.18.11   20:19
E: TB139_V3.0: Wk 5 Discussion	
My biggest problem is probably procrastination. Sometimes, I just don't feel like doing the work. I can usually get o sitting if I'm motivated to do it, but sometimes I just don't want to. Then the next thing I know, it's Saturday and I assignments finished I did that last week and it was a big mistake because it took me hours on Saturday to finish have had it done at the beginning of the week. Now I've learned to get it all out of the way at the beginning of the vabout it the rest of the week and have time to just relax.	still have some up, when I could
Another challenge I am facing right now that is very stressful and personal is my "on again, off again" relationship with now, there isn't really much I can do to cope with it and I am trying to figure out what I can do about it, but i situation. I spend too much time thinking about it, so I need to stop doing that so much!	
	Reply
	01.20.11   08:10
RE: RE: TB139_V3.0: Wk 5 Discuss	
I agree with the on and off again situation with the boyfriend, but its for me and my husband. We tend to at p each other because of so much stresses in our lives. Which then affects my schooling and then starts procrast to stay focused and positive and as long as you get your work done even on a saterday, just realize at least it	tination. But just try
	Reply
	01.20.11   20:02
RE: RE: TB139_V3.0: Wk 5 Discuss	

http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep\_df\_postres\_Send?\_i... 1/25/2011

Additional Supporting Documentation
Document 9, Page 6

Page 7 of 10

things going in the right direction for a relationship. It seems to add more stress to the day to help take the stress away when she just listens to me.	ilitary it has become difficult to get ys but when things are right she seems
	Reply
	01.19.11   13:1:
RE: TB139_V3.0: Wk 5 Discussion	
My largest problem when it comes to doing homework is also my procrastination. I always tell m because I still have plenty of time left and then I realize that it is the end of the week and I have unfortunantly no really come up with a solution, I guess I really need to work on. I would probab	papers and labs to finish. I have
Another challenge that I am facing would still be my job. I just try to do all the work I can at hor to much about it.	me and get to work on time and not talk
	Reply
	01.22.11   12:29
RE: RE: TB139_V3.0: Wk 5 Discuss	
I have and do the same problem but then it seems like I am always rushing to get it hard either. I have another class that makes you do like 10 assignments on top of reading, fourms, thats the class I procrastinate in	
	Reply
	01.20.11   08:05
	01120111   00104
RE: TB139_V3.0: Wk 5 Discussion My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit	emely difficult between school, the kids, alittle time after the kids go to bed to a 2 days ago even though in the past and realize that in the end it will all
My problem I face right now in life would have to be my relationship with my husband. It is extre appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance	emely difficult between school, the kids, alittle time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke!
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit	emely difficult between school, the kids, alittle time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! Reply
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit	emely difficult between school, the kids, alittle time after the kids go to bed to se 2 days ago even though in the past and realize that in the end it will all
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be	emely difficult between school, the kids, a little time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! Reply 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be RE: TB139_V3.0: Wk 5 Discussion A problem which I face everyday would simply be having to work 2 jobs and try to get through s that i have to keep food on the table for my wife to eat, I also know that I have to get through r lives. I find it easier to do school work between jobs or even use part of my sleeping time. It is a	emely difficult between school, the kids, a alittle time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our a large amount of stress that comes with e.
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be RE: TB139_V3.0: Wk 5 Discussion A problem which I face everyday would simply be having to work 2 jobs and try to get through s that i have to keep food on the table for my wife to eat, I also know that I have to get through r lives. I find it easier to do school work between jobs or even use part of my sleeping time. It is a	emely difficult between school, the kids, a little time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:30 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b>
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be RE: TB139_V3.0: Wk 5 Discussion A problem which I face everyday would simply be having to work 2 jobs and try to get through s that i have to keep food on the table for my wife to eat, I also know that I have to get through r lives. I find it easier to do school work between jobs or even use part of my sleeping time. It is a	emely difficult between school, the kids, a little time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:30 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b>
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be more out. I just went and applyed to another insurance company and hope they respond quick be more out. I face everyday would simply be having to work 2 jobs and try to get through so that i have to keep food on the table for my wife to eat, I also know that I have to get through r lives. I find it easier to do school work between jobs or even use part of my sleeping time. It is a all this which is my major challenge. But it becomes easy to stay focused when I look at the prize	emely difficult between school, the kids, a little time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b>
My problem I face right now in life would have to be my relationship with my husband. It is extra apts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be RE: TB139_V3.0: Wk 5 Discussion A problem which I face everyday would simply be having to work 2 jobs and try to get through s that i have to keep food on the table for my wife to eat, I also know that I have to get through r lives. I find it easier to do school work between jobs or even use part of my sleeping time. It is a all this which is my major challenge. But it becomes easy to stay focused when I look at the prize	emely difficult between school, the kids, a alittle time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b> 01.20.11   19:56 makes it harder because you are loosing
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be mediate to the the stress of the stress	emely difficult between school, the kids, a alittle time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b> 01.20.11   19:56 makes it harder because you are loosing
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be mediated to apply the another insurance company and hope they respond quick be mediated by the stress of the s	emely difficult between school, the kids, a alittle time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b> 01.20.11   19:56 makes it harder because you are loosing te you said though, the prize at the end
My problem I face right now in life would have to be my relationship with my husband. It is extra appts., and home life to really have time for each other much. So we always make sure we have talk about whatever we need to at the time or see each other. I also just lost my health insurance week I have been diagnosed with numerous problems. To deal with this type of stress I need sit work out. I just went and applyed to another insurance company and hope they respond quick be mediate to the the stress of the stress	emely difficult between school, the kids, a little time after the kids go to bed to be 2 days ago even though in the past and realize that in the end it will all efore I go broke! <b>Reply</b> 01.20.11   18:36 chool. It definetly gets rough, I know my schooling so that I can better our I large amount of stress that comes with e. <b>Reply</b> 01.20.11   19:56 makes it harder because you are loosing te you said though, the prize at the end <b>Reply</b>

 $http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep_df_postres_Send?\_i... 1/25/2011$ 

01.22.11       12:3         RE: RE: TB139_V3.0: Wk 5 Discuss       I know how you feel it is hard just keep at it. I am lucky 1 only have to work 1 job right now. Things always get better for people who work for what they got/want. It for some reason just takes a long time       Reply         01.22.11       20:5         RE: RE: RE: TB139_V3.0: Wk 5 Dis       If or sume understand what you are saying about It takes time. I just keep focused on abcleving my goal and it seems to be working out. We all just got to keep our feet on the ground and our head in the sky. We just gotta got our here and do what we do, and we can not budge when it gets rough otherwise we will never be a winner.       Reply         01.22.11       [21:0         RE: RE: RE: TB139_V3.0: Wk 5 Dis       Reply         01.22.11       [21:0         RE: RE: RE: TB139_V3.0: Wk 5 Dis       Reply         Ves I do agree that when you have to struggle and work for what ou want and or got, it definetly makes you feel better about yourself and usually you appreciate it more. The only down fail to it though is you dont always have time to enjoy what you have. And yes if usually does got better but it always gets worse and alot harder better it ever lets up and gets better.         RE: TB139_V3.0: Wk 5 Discussion       Reply		Reply
In our work where the is hard just keep at it. I am lucky l only have to work 1 jub right now. Things always get better for preper Reprint 2012 11 2000 The rest in understand when you are saying about 11 takes line. J just keep for says on a photon of the rest on the work of a photon of the rest on the say in the say of the say of the say in the sa		
who work for what they got/wint. It for some reason just takes a long time       Perph.         01.22.11       20.5         R: RE: RE: TB139_V3.0: Wk 5 Dis       If or sure understand what you are saying about it takes time. I just keep focused on ablewing my goal and it seems to be working out. We all just got to keep our feet on the ground and our head in the sky. We just got ta get out here and do what we do, and we can not budge when it gets rough otherwise we will never be a winner.       Reph.         01.22.11       [21:0]       RE: RE: TB139_V3.0: Wk 5 Dis       Reph.         Vis 1 do agree that when you have to struggle and work for what ou want and or got, it definetly makes you feel better abut you sould yousel fand usually you appreciate it more. The only down fail to it though is you dont always have time to enjoy what you have. And yes it usually dees get better but it always gets worse and alot harder before it ever lets up and gets better.         RE: TB139_V3.0: Wk 5 Discussion       Reph.         Rep to the more personal lime in there. Since the one have much of a personal life right now i alm chalange to the some time in the solution in the work throw this for one have much the management. I have so yout much the management is now i an having sea done. Then I have much that personal life right now i alm having takes done. Then i have much there with the management. Lawe enough lime to get my classe done. Then I have much there with thave going on . I tend to botte stress up and	RE: RE: TB139_V3.0: Wk 5 Discuss	
01.22.11   20:5 RE: RE: RE: TB139_V3.0: Wk 5 Dis  If or sure understand what you are saying about it takes time. I just keep focused on ahcieving my goal and it seems to be working out. We all just got to keep our feet on the ground and our head in the sky. We just gotta get out here and do what we do, and we can not budge when it gets rough otherwise we will never be a winner.  Reply 01.22.11   21:0 RE: RE: RE: TB139_V3.0: Wk 5 Dis  Yes I do agree that when you have to struggle and work for what ou want and or got. It definetly makes you feel better about yourself and usually you appreciate it more. The only down fall to it though is you dont always have time to enjoy what you have. And yes it usually does get better but it always gets worse and alot harder before it ever lets up and gets better.  Reply 01.20.11   19:5 RE: TB139_V3.0: Wk 5 Discussion  Right now I am having serious problems with time managment. I have to spill my time with the military, job, and school as well as trying to finoree personal time in there. Sime I do not have much of a personal line into the avent time at all for a personal life but three as well and that can throw things for a long I. Have found that my best time managment tool is to actually set with time at all for a personal life but three big things in my life get accomplished and that is what is important.  An Additional challange for me is the stress that comes with all that I have going on I tond to bot have much time at all for a personal life but three big things in my life get accomplished and that I have taken for me and that is done have much time at all for a personal life but three big things in my life get accomplished and that I have taken for me and that is adding to my stress as well. I do manage to atleast one time a week to find a little personal time that I can let my stress out. Of course the friend that I you stress out. Reply 01.22.11   22.0		ngs always get better for people
R: R: R: R: RI19_V3.0: Wk 5 Dis  If or sure understand what you are saying about it takes time. I just keep focused on ahcieving my goal and it seems to be down to down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down the sky. We just goita get out here and down and the down and the dow		Reply
working out. We all just got to keep our feet on the ground and our head in the sky. We just gotta get out here and do what we do, and we can not budge when it gets rough otherwise we will never be a winner.       Reply         01.22.11       [21:0]         RE: RE: RE: TB139_V3.0: Wk 5 Dis       We start and or got. It definetly makes you feel better about yoursefinet du suality you appreciate it more. The only down fail to it though is you dont always have time to enjoy what you have. And yes it usually does get better but it always gets worse and alot harder before it ever lets up and gets better.         Reply       01.22.11       [19:0]         RE: TB139_V3.0: Wk 5 Discussion       Reply         RE: TB139_V3.0: Wk 5 Discussion       Reply         Reply       10.20.11       [19:0]         RE: TB139_V3.0: Wk 5 Discussion       Reply         Reply at a maxing serious problems with time managment. I have to split my time with the military, job, and school as well as trying to fit some personal time in there. Since I do not have much of a personal life right now I as more of a challange to find some time for much and using two that I know things for a loop. I have found that my best time managment tool is to actually set down and join out my days to that I know when I should be doing what. Doing I this way I do not have much time at all for a personal life to three big things in my life get accomplished and that is what is important.         An Additional challange for me is the stress that comes with all that I have going on. I tend to bottle stress up and forget to let it out. So with Frying to get my job, military, and classes done kind of leaves me short fo	RE: RE: TB139_V3.0: Wk 5 Dis	01.22.11   20:5
01.22.11       21:0         RE: RE: RE: TB139_V3.0: Wk 5 Dis       Yes I do agree that when you have to struggle and work for what ou want and or got, it definetly makes you feel better about yourself and usually you appreciate it more. The only down fail to it though is you dont always have time to enjoy what you have. And yes it usually does get better but it always gets worse and alot harder before it ever lets up and gets better.         Reply       01.20.11       19:5         RE: TB139_V3.0: Wk 5 Discussion       Right now I am having serious problems with time managment. I have to split my time with the military, job, and school as well as trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some time for me. I tend to look at my work schedule and figure out when I can have enough time to get my classes done. Then I have my military training in there as well and that can throw things for a loop. I have found that my best time managment tool is to actually set down and plan out my day so that I know when I should be doing what. Doing it this way I do not have much time at all for a personal life but three big things in my life get accomplished and that is what is important.         An Additional challange for me is the stress that comes with all that I have taken for me and that is adding to my stress out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is adding to my stress so use the time a week to find a little personal lime that I can let my stress out. Of course the friend that I vent to know syou are using them as a sounding bard your not yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just listen    <	working out. We all just got to keep our feet on the ground and our head in the sky. We just	
01.22.11       21:0         RE: RE: TB139_V3.0: Wk 5 Dis       Yes I do agree that when you have to struggle and work for what ou want and or got, it definetly makes you feel better about yourself and usually you appreciate it more. The only down fall to it though is you dont always have time to enjoy what you have. And yes it usually does get better but it always gets worse and alot harder before it ever lets up and gets better.         Reply       01.20.11       19:5         RE: TB139_V3.0: Wk 5 Discussion       Right now I am having serious problems with time managment. I have to split my time with the military, job, and school as well as trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some time for me. I tend to look at my work schedule and figure out when I can have enough time managment tool is to actually set down and plan out my day so that I know when I should be doing what. Doing it this way I do not have much tool is to actually set down and plan out my day so that I know when I should be doing what. Doing it this way I do not have much time at all for a personal life but three big things in my life get accomplished and that is what is important.         An Additional challange for me is the stress that comes with all that I have taken for me and that is adding to my stress out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is adding to my stress as well. I do manage to alteast one time a week to find a little personal time that I can let my stress out. Of course the friend that I vent to know syou are using them as a sounding barry out of yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just its more <td></td> <td>Reply</td>		Reply
We have the struggle and work for what ou want and or got, it definetly makes you feel better about yourself and usually you appreciate it more. The only down fall to it though is you dont always have time to enjoy better.         Image: Control of the struggle and work for what ou want and or got, it definetly makes you feel better but it always gets worse and alot harder before it ever lets up and gets better.         Image: Control of the struggle and work for what ou want and or got, it definetly makes you feel better but it always gets worse and alot harder before it ever lets up and gets better.         Image: Control of the struggle and work for what ou want and or got, it definetly makes you feel better but it always gets worse and alot harder before it ever lets up and gets better.         Image: Control of the struggle and work for what ou want and or got, it definetly makes you feel better but it always gets worse and alot harder before it ever lets up and gets better.         Image: Control of the struggle and work for what out want and alot harder before it ever lets up and gets of alot.         Image: Control of the struggle and that can throw things for a loop.         Image: Control of the struggle and that is what is important.         Image: Control of the struggle and that is alward is important.         Image: Control of the struggle and that is alward is important.         Image: Control of the struggle and that is alward is important.         Image: Control of the struggle and that is alward is important.         Image: Control of the struggle and that is alward is almost on the struggle on the pare get my struggle on the struggle struggle and that is a		01.22.11   21:0
about yourself and usually you appreciate it more. The only down fall to it though is you dont always have time to enjoy what you have. And yes it usually does get better but it always gets worse and alot harder before it ever lets up and gets better.  Reply 10.20.11 [19:5] RE: TB139_V3.0: Wk 5 Discussion  Right now I am having serious problems with time managment. I have to split my time with the military, job, and school as well as trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some time for me. I tend to look at my work schedule and figure out when I can have enough time to get my classes done. Then I have my military training in there as well and that can throw things for a loop. I have found that my best time managment tool is to actually set down and plan out my day so that I know when I should be doing what. Doing it this way I do not have much time at all for a personal life but three big things in my life get accomplished and that is what is important.  An Additional challange for me is the stress that comes with all that I have going on . I tend to bottle stress up and forget to let it out. So with trying to get my job, military, and classes done kind of leaves me short for my personal time and does not help me get my stress out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is adding to my stress as well. I do manage to atleast one time a week to find a little personal time that I can let my stress out. Of course the friend that I vent to does not have for using the stress. My job has gottem more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to let it out to some on wo will just listen	RE: RE: TB139_V3.0: Wk 5 Dis	
01.20.11 19:5 RE: TB139_V3.0: Wk 5 Discussion Right now I am having serious problems with time managment. I have to split my time with the military, job, and school as well as trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some time for me. I tend to look at my work schedule and figure out when I can have enough time to get my classes done. Then I have my military training in there as well and that can throw things for a loop. I have found that my best time managment tool is to actually set down and plan out my day so that I know when I should be doing what. Doing it this way I do not have much time at all for a personal life but three big things in my life get accomplished and that is what is important. An Additional challange for me is the stress that comes with all that I have going on. I tend to bottle stress up and forget to let it out. So with trying to get my job, military, and classes done kind of leaves me short for my personal time and does not help me get my stress out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is adding to my stress as well. I do manage to atleast one time a week to find a little personal time that I can let my stress out. Of course the friend that I vent to does not Reply 01.22.11   22:0 RE: RE: TB139_V3.0: Wk 5 Discuss I completly understand I am having same exact problems, I have even developed an ulcer due to all the stress. My job has gotten more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just listen Reply	about yourself and usually you appreciate it more. The only down fall to it though is you do what you have. And yes it usually does get better but it always gets worse and alot harder	nt always have time to enjoy
RE: TB139_V3.0: Wk 5 Discussion Right now I am having serious problems with time managment. I have to split my time with the military, job, and school as well as trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some trying to fit some personal time in there. Since I do not have much of a personal life right now it is more of a challange to find some trying to fit olock at my work schedule and figure out when I can have enough time to get my classes done. Then I have my military training in there as well and that can throw things for a loop. I have found that my best time managment tool is to actually set down and plan out my day so that I know when I should be doing what. Doing it this way I do not have much time at all for a personal life but three big things in my life get accomplished and that is what is important.  An Additional challange for me is the stress that comes with all that I have going on. I tend to bottle stress up and forget to let it out. So out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is adding to my stress as well. I do manage to atleast one time a week to find a little personal time that I can let my stress out. Of course the friend that I vent to does not needed.  Reply 12.2.11 [22:0]  Re: RE: TB139_V3.0: Wk 5 Discuss  I completly understand in a making same exact problems, I have even developed an ulcer due to all the stress. My job has gotten more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to le		Reply
with trying to get my job, military, and classes done kind of leaves me short for my personal time and does not help me get my stress out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is adding to my stress as well. I do manage to atleast one time a week to find a little personal time that I can let my stress out. Of course the friend that I vent to does not Reply 01.22.11   22:0 RE: RE: TB139_V3.0: Wk 5 Discuss I completly understand in I am having same exact problems, I have even developed an ulcer due to all the stress. My job has gotten more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just listen Reply 01.22.11   15:0	Right now I am having serious problems with time managment. I have to split my time with the militar trying to fit some personal time in there. Since I do not have much of a personal life right now it is more time for me. I tend to look at my work schedule and figure out when I can have enough time to get my military training in there as well and that can throw things for a loop. I have found that my best time n down and plan out my day so that I know when I should be doing what. Doing it this way I do not have	re of a challange to find some y classes done. Then I have my nanagment tool is to actually set
01.22.11   22:0 RE: RE: TB139_V3.0: Wk 5 Discuss I completly understand [1 am having same exact problems, I have even developed an ulcer due to all the stress. My job has gotten more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just listen Reply 01.21.11   15:0	with trying to get my job, military, and classes done kind of leaves me short for my personal time and out. Plus the other class that I am taking is one of the hardest that I have taken for me and that is add	does not help me get my stress ling to my stress as well. I do the friend that I vent to does not
RE: RE: TB139_V3.0: Wk 5 Discuss I completly understand the analysis and exact problems, I have even developed an ulcer due to all the stress. My job has gotten more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just listen Reply 01.21.11   15:0		
has gotten more demanding since we are going through a buyout/merger. Just make sure your friend that you vent to knows you are using them as a sounding board your not yelling at them just to them it helps when they know its not personal you just need to let it out to someone who will just listen           Reply           01.21.11   15:0	RE: RE: TB139_V3.0: Wk 5 Discuss	
	has gotten more demanding since we are going through a buyout/merger. Just make sure your f are using them as a sounding board your not yelling at them just to them it helps when they kno	friend that you vent to knows you
RE: TB139_V3.0: Wk 5 Discussion		01.21.11   15:0

 $http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep_df_postres_Send?\_i... 1/25/2011$ 

My biggest problem is maintaining my time to keep house, take care of 4 animals and make sure I get my studies done. I need to make lists of things I have to do on a daily basis and maybe that will help. When I tend to think of the task at hand, I do not want to do it, if I get up and do it, it gets done. I try to visit family once or twice a week for a few hours to give myself a break and destress, that tends to help a little.

I am currently unemployeed and I take care of the house, animals, do school work and have a huge list of daily stuff I have to do. I have to learn how to let somethings go and do the manditory things first. It is stressful trying to find a job, thats a full time job in itself. It gets frustrating but I look at it this way, the right job will come along and thats why I am not getting any responses. I try so hard for good grades that I stress myself out, but I am producing the grades I want so it is all worth it. We all will be proud when we

	Reply
	01.22.11   22:07
RE: RE: TB139_V3.0: Wk 5 Discuss	
Thanks for bringing up the point of housecleaning <b>sectors</b> I have had absolutely no time to friend called a service and had them come in and clean it for me. I also have a 16 yr old bo all.	
Keep your head up you will find a job it's really tough right now.	
	Reply
	01.23.11   17:50
RE: RE: TB139_V3.0: Wk 5 Dis	
There is no shame in that, we all need help from time to time. wish I could have some find a job, why I moved, and thats why we are all in school right now. it takes time ar great.	
	Reply
	01.22.11   12:24
RE: TB139_V3.0: Wk 5 Discussion	
	am still going through physical therapy
to get back walking how I was before the accident. This is what uses up all my time along with wo I dont go out with friends because I cant I have my baby, school, and work so that doesnt leave n watch tv in my spare time	orking and taking care of my daughter.
I dont go out with friends because I cant I have my baby, school, and work so that doesnt leave n	orking and taking care of my daughter. nuch time for anything else I just
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time	orking and taking care of my daughter. nuch time for anything else I just Reply
I dont go out with friends because I cant I have my baby, school, and work so that doesnt leave n	orking and taking care of my daughter. nuch time for anything else I just Reply 01.22.11   12:33 evening shifts so i dont always get to
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all e see the family alot untill my days off and want to spend all my time with them i dont think theres	orking and taking care of my daughter. nuch time for anything else I just Reply 01.22.11   12:33 evening shifts so i dont always get to
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all e see the family alot untill my days off and want to spend all my time with them i dont think theres	orking and taking care of my daughter. nuch time for anything else I just Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all e see the family alot untill my days off and want to spend all my time with them i dont think theres	orking and taking care of my daughter. nuch time for anything else I just Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all e see the family alot untill my days off and want to spend all my time with them i dont think theres done when i have what little time that i do have.	evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   19:01
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all of see the family alot untill my days off and want to spend all my time with them i dont think theres done when i have what little time that i do have. RE: TB139_V3.0: Wk 5 Discussion RE: TB139_V3.0: Wk 5 Discussion My only problem is I am looking for a decent job and no one want to hire me. I deal with this by k	evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   19:01
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all of see the family alot untill my days off and want to spend all my time with them i dont think theres done when i have what little time that i do have. RE: TB139_V3.0: Wk 5 Discussion RE: TB139_V3.0: Wk 5 Discussion My only problem is I am looking for a decent job and no one want to hire me. I deal with this by k	evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   19:01
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all of see the family alot untill my days off and want to spend all my time with them i dont think theres done when i have what little time that i do have. RE: TB139_V3.0: Wk 5 Discussion RE: TB139_V3.0: Wk 5 Discussion My only problem is I am looking for a decent job and no one want to hire me. I deal with this by k	evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   19:01 seep on looking and I use each job that willing to listen Reply
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all e see the family alot untill my days off and want to spend all my time with them i dont think theres done when i have what little time that i do have. RE: TB139_V3.0: Wk 5 Discussion My only problem is I am looking for a decent job and no one want to hire me. I deal with this by k turn me down and let it movivate me by doing this school.If any one else has any other ideas i'm RE: TB139_V3.0: Wk 5 Discussion My biggest obstacle is time itself It seems like there is never enough, I have really pushed my and assignments. There are still times when I feel like I didn't accomplish as much as I would like	evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   19:01 even on looking and I use each job that willing to listen Reply 01.22.11   21:55 self to prioritze all my commitments
I dont go out with friends because I cant I have my baby, school, and work so that doesn't leave n watch tv in my spare time RE: TB139_V3.0: Wk 5 Discussion a problem i face is just having the time to get the work done with my schedule at work i work all e see the family alot untill my days off and want to spend all my time with them i dont think theres done when i have what little time that i do have. RE: TB139_V3.0: Wk 5 Discussion My only problem is I am looking for a decent job and no one want to hire me. I deal with this by k turn me down and let it movivate me by doing this school.If any one else has any other ideas i'm is RE: TB139_V3.0: Wk 5 Discussion My biggest obstacle is time itself It seems like there is never enough, I have really pushed mysing the time is a my time itself It seems like there is never enough, I have really pushed mysing the time is a my time itself It seems like there is never enough, I have really pushed mysing the time is a my time itself It seems like there is never enough.	evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   12:33 evening shifts so i dont always get to really a solution just try and get it Reply 01.22.11   19:01 even on looking and I use each job that willing to listen Reply 01.22.11   21:55 self to prioritze all my commitments

http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep\_df\_postres\_Send?\_\_i... 1/25/2011

RE: RE: TB139\_V3.0: Wk 5 Discuss...

I understand about the whole not enough time for about anything you need done in a day , right? I deal with that everyday from things I need to get accomplished to things that aren't so needed. I think they need to add a couple hours in somewhere so we could accomplish more....lol

	Reply
	01.23.11   12:14
RE: TB139_V3.0: Wk 5 Discussion	

Procrastination, not being able to get things done early. How things come up with family and have to deal with that first. But making sure that not starting things to late as well. Overall have to put school before fun, because want to better my situation.

I use the stress from my job to use as a motivator to do well and school and get my degree. Knowing I do not want to be there long term.

Reply
01.23.11   19:30

RE: TB139\_V3.0: Wk 5 Discussion

Currently I am having a hard time with balance, especially since one of the boys was admitted to the hospital earlier this week and I'm starting a new job. I'm more a home body and rarely go out, so I mostly do my assignments during the weekend because when I'm off from work other things are needing to be done.

There is so much to do and not enough time in the day. I made a decision to sit down and write out a mini schedule. Sticking to it is a task in itself.

Reply 01.25.11 | 12:14

RE: TB139 V3.0: Wk 5 Discussion

Like all, I do have challenges balancing school and social life, but in the end, I'm a better person to myself and others if I prioritize and communicate my priorities. For example, if my friends know that passing this class and graduating from ITT is important to me, then they will respect that decision, otherwise they're not my friends. Spending most of your time on one thing can be boring, or cause burnout. Managing my time between work and school at ITT can be more of a challenge if what I'm learning is not applicable to what I'm doing at work. The quicker I can learn a skill that I can apply at work (like creating visual art using Word), the better employee I will become if given the chance to apply this knowledge at work.

Reply

Done

http://www.distance-education.itt-tech.edu/online/valdoc/cliksIndep\_df\_postres\_Send?\_\_i... 1/25/2011

### Additional Supporting Documentation Document 9, Page 10

Page 10 of 10