

CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA
College of Engineering

ETT 101 Intro to ET
Spring 2013

Journal Week 7

For the next few days, write down any negative thoughts you are able to identify. Describe at least one non-productive action that is likely to be the result of each negative thought. Also write down a positive thought that you could substitute for the negative thought. Describe at least one productive action that is likely to result from each positive thought.

For this assignment it is sufficient to describe any two negative thoughts. It is important to notice a negative thought as it comes.

Due: 5/19/2013 by 9:00am.

Delivery: email your report as a Word document to eyharris@csupomona.edu

Naming your file: journal7HarrisElena.doc (assignment name and number, Last and First your name)

Please note that late assignments will not receive any credit.