



First-Year Writing Seminar: The Podcast, Season 6
 Cottey College

Episode Transcript: Maysi Miller on “Striving for Excellence”

(intro music)

Host: Welcome to the sixth season of first-year writing's I believe podcast series. For this episode, a Cottey College student, Maysi Miller, is going to speak about how she believes striving for excellence is important and how it connects to social responsibilities, one of the three core threads. Recalling her own personal experiences, she will give her point of view on the need for striving for excellence. Enjoy!

(transition music)

Maysi: Hello and thank you for listening today. I am Maysi and I believe striving for excellence is needed for people to reach their full potential and achieve their goals. This does not just benefit you but also the ones around you. The information and definitions I will be referencing today come from the “Character Traits Associated with the Five Dimensions of Personal and Social Responsibility” a document written by the Association of American Colleges and Universities, AAC&U for short. This document gives 5 different dimensions of social responsibility, how they relate to college, and as well as identifying and defining character traits within said dimensions. The dimension I will be focusing on today is striving for excellence.

The explanation AAC&U gives for striving for excellence is “developing a strong work ethic and consciously doing one’s very best in all aspects of college.” To me, striving for excellence is natural. I always want to get good grades, understand the topic, and improve my work. In high school, it was easy to get good grades. The teachers gave us time in class and none of the assignments were too challenging for me. College, however, is different in many aspects. It is now all on me to get my work done out of class time, do the reading for next lecture, and work study time into my schedule. Without ever having to study in high school, this has proposed a challenge for me. But using the traits that striving for excellence has given me has helped tremendously in the transition to college work.

The first test I took in college was a social psychology exam. It was only my fourth week at Cottey. The whole week before the exam I was stressed about how to study and create a plan so I would be able to perform my best. It was the Sunday before the exam that would take place on Wednesday. Using my character trait of responsibility, I had already completed the study guide for the exam. And the next step was to study it and make my note card. Taking the time out of my

evening took a lot of self-discipline, another trait. With volleyball adjusting has been a lot and when I get out of practice, I usually do not feel like doing homework. But with the test coming up I pushed through my tiredness and completed my note card for it. For the next few days, I consistently looked over my study guide, note card, and lecture notes, making myself even more confident in my ability to do well on the exam. I ended up getting a 99 percent on it.

(cheering)

As I mentioned, I am on the volleyball team. If you have even been a part of any team, you understand the feeling of wanting to succeed for the others around you. To be active in sports, especially at a college level, you must have a strong work ethic, which just so happens to be a trait in striving for excellence. Your team needs to be able to depend on you to get good grades, so you will be eligible to play. Along with having the motivation to show up and give it your all in practice every day. Social intelligence is another big characteristic needed for when part of your team. These past few weeks I have been getting to know my teammates, many I have never spoken to before. But through these days of hard work and bonding, I know that they too want to win and are as determined as I am to prove we are worthy of excellence. One of our goals this year is to have a purpose every time you touch the ball. Whether it is to get a point myself or set someone up to get one, I know everyone wants to succeed.

I truly believe striving for excellence is needed for people to reach their full potential and achieve their goals. Being a part of a sports team has helped me realize that. Academically I am working harder as well. I want to accomplish my goals, and I think I am using my strengths in these aspects as well as growing my knowledge of characteristics to work on. Being able to use responsibility, self-discipline, motivation, dependability, and social intelligence, and determination are helping me reach my goals and striving for that excellence I know I can achieve. I hope you enjoyed this I believe podcast and related some of these traits back into your own life. Until next time, bye!

(outro music)

Works Cited

American Association of Colleges and Universities (AAC&U). "Character Traits Associated with the Five Dimensions of Personal and Social Responsibility," n.d.

Sound Attributions

- "A Perfect Day" Iros Young
 - Music from #Uppbeat (free for Creators!):
 - <https://upbeat.io/t/iros-young/a-perfect-day>
 - License code: UWJ9GKZ3ZBDSZYTP
- Podcastle provided sound: "Applause 3"