

20 Habits of High Performers



KAPPA SIGMA FRATERNITY

FELLOWSHIP • LEADERSHIP • SCHOLARSHIP • SERVICE



Our Vision

Gamma-Rho's vision is to provide our members with a great college experience; to ensure they are career-ready; to start a lifetime of friendships; and help them have successful lives.

- We will be a values-driven organization.
- We will be innovative and not afraid to lead.
- We will adapt as it makes sense and will collaborate with our campus & community stakeholders.
- We will focus on creating a fun and healthy environment.
- We will provide a quality living-learning environment.
- We will recruit those focused on academics, campus & chapter involvement, career-readiness, diversity & inclusion, leadership development, service and respect for differences, as well as those with a competitive spirit.
- We will on-board our members successfully, ensure our members are career-ready, and help them develop a lifetime affinity to Gamma-Rho, Kappa Sigma and the University of Arizona.

1. **People who take notorious notes.** If you want to be more focused, take better notes.
2. **Rise early and win the morning.**
3. **Exercise.** They make health a priority.
4. **Plan to succeed but embrace failures.**
5. **Embrace challenges.**
6. **They seek clarity.** People who aren't afraid to ask quality questions. Don't ask yes/no question. Ask open-ended questions.
7. **They are patient.**
8. **They practice gratitude.** People who lift others up. People with an "us" mentality (not "me" mentality).
9. **People with a strong self awareness to accept and manage feedback proactively.** Low performers can't take feedback.
10. **People who write well.** You can't make work happen if you can't write well no matter your career. Writing well means; clear thinking and empathy moves mountains.
11. **People who aren't hyper productive every single day.** You can't be hyper productive every single day. It's unsustainable.
12. **Listeners make others feel valued.**
13. **People who smile and laugh often.**
14. **People who are allergic to excuses.** Know how to apologize.
15. **People who are able to prioritize.** Do first important & urgent. Schedule less important & urgent. Delegate less important & non-urgent.
16. **People with high emotional IQ.** Ask questions that get people to open up. Keep it light
17. **Are not late.**
18. **They maintain a high energy level.**
19. **They surround themselves with successful people.**
20. **They value their time.**

The habits above are summarized from Greg Isenberg and Sinem Gunel.



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