

Bottega University

Newsletter

MAY 2021

The Key to Goal Attainment

by Dr. Troy Roland

While riding bikes to Coronado Island, at a normal pace of riding on a brisk San Diego, California morning, the pain of cycling this particular morning was modestly offset by the brisk cold of the ocean wind. Slightly behind me, gasping for air while listening to the morning oldies on his headphone, my Uncle Phil rode his bike to Coronado Island with the same brisk vigor that anyone who has an idea of cycling, the repetitive motion over significant period of time means of the low impact resistance of cycling can equate to modest levels of pain. But true cyclist know that the pain, similar to life's moments that ultimately involves pain before the inevitable arrival and joy of pleasure, is not about ignoring the painful circumstances in the pursuit of our goals but to learn to embrace that pain to achieve the goal itself.

In his own manner of describing the pursuit of 30 mile morning bike ride and his joys of this ride in spite of weather and circumstance, Uncle Phil stated that "It's About the Grind and I love it!" That's when it donned on me that the key to life is not to avoid the grind in life but to endure with the perseverance needed. Similar to overbearing parents who believe that they are sheltering their kids from the difficulties of life's conundrums while in fact as many of us know that this sheltering actually disables them from some of the joys of life of the pain to move to the threshold of joy but it is about the love of the grind and determination toward achieving our goals.

But, what about the grind that makes it worthy of appreciating? What are the things that elite athletes to major business executives to weekend warriors like Uncle Phil know that they must be able to endure existence of the grind to achieve these goals. That is



when the scholarly connotation arrived and I began to identify those things that are necessary for us in life. I later reviewed much of the literature along with after years of professional business life determined that the key to successful pursuit of goals has to do with these certain elements. These elements that must be in place in order to achieve the goals or the purpose. Based on these is when we determined that the key to goal achieve has significance in five key areas. What Does it Mean to G.R.I.N.D.:

- Grit to achieve the endeavor
- Reward yourself for incremental accomplishments of your goal.
- Introspection of Where You are in Life & Surroundings
- No Negative Thoughts About the Goal
- Disciplined Approach to the Objective

There is no shortcut. You may learn some techniques but you still need to apply those techniques into your daily activities. In order to make our discipline last until we achieve what we want. I have laid out five steps in practicing discipline including:

1. Make decision that you are going to be successful. Decide no matter what happens you will not stop. Decision is a father of all actions. Once you make a real

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Meet Faculty: Dr. Marvin Hunt



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Dr. Marvin Hunt has over 10 years' experience teaching at the collegiate level. Presently, he teaches technology-oriented programs at Bottega University, but he is also expanding his instructional base to begin teaching more business-oriented courses. "I was recommended to Bottega University by a colleague, who thought that my background in higher education would be most beneficial to the needs of the learners. I am now excited to teach a broader focus of education that transcends beyond the technology realm but to also use my doctoral degree in Business Administration toward many other facets of education." Dr. Hunt's academic pedigree includes a bachelor's degree from Purdue University, a master's degree from Indiana Wesleyan University and a Doctor of Business Administration with an emphasis in Information Technology from Walden University. Dr. Hunt, who further enjoys teaching as a vestige of hope to the Bottega University student population as he sees it as an opportunity to "give something back from my own blessings," enjoys many hobbies with his wife and family. On weekends, he can often be seen barbecuing ribs on the grill, taking long walks, hiking, jogging are also some of his favorite pastimes.

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decision, you will continue your actions constantly.

2. Have your goals. Know what your major goals are. See the reasons why you want to achieve it. See how happy you are going to be if you achieve your goals. See what you are going to give to your family and your love ones.
3. Have your concrete plan of action. Write it in paper. Schedule the activities in details. Do as you plan. Take actions incessantly. Acknowledge that the results may not come easily. Understand that no matter how hard you try, you may stumble once in a while especially in the beginning of the discipline. Once you start to be able to do it continuously, you will get momentum. You will not want to stop when you start to form a habit on your discipline.
4. Review your performance regularly. See what your weaknesses are during your process and correct them along the way. Do not go blindly without knowing your status.
5. Visualize yourself be successful in achieving your goals. Regular visualization will attract situation and attribute favorable to your goals achievement according to the law of attraction.

Discipline is one of the major tools to everyone success. Five steps to make full use of discipline will help enable us to perform our best to achieve what we want.

With strong enough reasons, you will proceed to your goals. Break down your major goals into minor goals. Set up the time for those minor goals. Achieving minor goals will reward you with self-fulfillment. You will not stop doing if you feel good during the process. Your discipline will automatically be created along the way.

The Need to Embrace Life's Challenges

by Dr. Troy Roland



Look before you jump," is the original proverb that most of us have learned when we are young. As we grow old in age ,we try to add qualitative additions to the old proverb ,and now it appears it is more like "If you look too minutely, you will never jump". We tend to produce good results as we move towards entering into new arena. The fear of unknown always holds us back, thereby put a ceiling on the foray of opportunities.

Most times, people refrain themselves from availing the opportunities disguised in envelope of problems. The need of an hour is to awaken ourselves and welcome to confront the problems as we will come to know our efficacy to handle them. Lest we do not foray them we will not realize our area of strength as we might excel in that facet of life. People are fearful of extra ordinary targets given to them they shatter before they execute any effort in that course.

We should focus on exerting our energy in making the targets achievable rather than wearing it off by being engrossed in negative notions of not being able to achieve. The moment the work is bestowed upon us we must realize it as the opportunity at our footsteps. Sometimes we tend to forgo the opportunity revealing our list of problems at the vanguard and somebody grabs it in order to prove himself to be the better performer. It

sometimes leads to frustration leading to low self-esteem. Consequently we tend to perform low in our present affairs too. We should refrain ourselves from being judgmental to the repercussions of the new project or assignment given to us. We should focus on work rather than the fruits of it. We should deliberate on paving the path to be successful rather than focusing on the results of failure.

We should find the opportunities to embrace the challenges or the problems as we can be tested on the scale of managing crises in the organization. The problems disguised in the opportunities would unveil various talents and skills we would not be aware of. Therefore, we should never be afraid of the unforeseen situations or problems in our way. The confrontation of challenges would pave our path to efficient stress handling. The challenges and problems would mold us for multi-skilling or multi-tasking. We have to be opportunist to seize the challenges of the unforeseen disorders or situations to augment our experience and thereby enabling us to bloom.

The efficient handling of the challenges instills confidence within us enabling us to be better managers.

Consequently it would improvise our resumes. One of the major factors holding us back in our journey to progressive ladder of career is our innate reluctance to take any risk. We fear the outcomes .Nothing worth a mention has ever been achieved without constant efforts or calculated risks." No pain, No gain".

We have observed that the biggest is the entrepreneur the highest is the risk taker. The risk is the charm of our lives we should dare to take it. Yes, if there are failures also after the culmination of the assignment or the event would at least infuse the sense of contentment that we could dare to accept the challenge. We cannot savor success unless we have faced failures, we cannot appreciate the extravagance unless we have faced hardship, we cannot attain the position we yearn unless we go through the position that we detest. The musicians or the artist originates his best of creations once his heart is broken. Thus, accept the risks, love the path of obstacles as God also tests whether the person is able to wade through high tides or wander on the bed of thorns before offering the cradle of flowers.

Interview with the New Dean

Bottega University is pleased to announce that Dr. Troy Roland was promoted from within the faculty ranks at Bottega to serve as the Dean of Academics and Compliance Officer. Dr. Roland's professional background includes serving in several administrative and faculty leadership roles that included chief academic officer and president. He has also participated in several accreditation visits with DEAC, WASC and several other accreditation teams. Bottega University interviewed Dr. Roland for this newsletter as the interview questions are provided below.

- **What Brought you to Bottega University?**

What brought me to the institution is the passion and dedication to the institution by the administration and faculty that have worked in embraced the institution. Their tireless effort towards continuing the growth and maturation of this emerging institution is infectious and provides much opportunities for the institutions further maturation and growth.

- **What are your experiences prior to coming to Bottega University?**

I have over twenty years of executive and managerial experience primarily in higher education. Most recently, I served as Chief Academic Officer for a degree granting online university with programs that range from associate to doctoral degree programs. Prior to that position, I served as Campus President of an allied health college in Los Angeles Campus where I oversaw a \$50 million operation that offered allied health programs in nursing, surgical technician, and medical assisting. Prior to that position, I operated as an executive with a major university educational System in California where I served as President of two separate affiliated entities: a regionally accredited private non-profit institution primarily with programs in the commercial diving sector, and an allied health college with campuses throughout California.

- **What do you enjoy in your personal time?**

I enjoy cycling near the beach here in San Diego. I also enjoy traveling extensively as my background includes a month-long visit to Africa where I built houses in Botswana, and a trip to Johannesburg, South Africa. I have also traveled for business or pleasure to China, France, Mexico, Germany, Austria, Jamaica, St. Lucia, and Barbados.

- **What are things you embody about Bottega University?**

My personal philosophy is that a good online learning program, whether synchronous or asynchronous, should provide students with quality education, and excellent student support. The learning platform, student communication or "touch points," and infrastructure must also encourage students toward degree completion and achievement of their educational goals.

These are the kind of services provided by Bottega University, which are the reasons I enjoy the institution. Also, embracing its fundamentals of the mission, I enjoy its exemplary institutional values and strong educational standards. These are some of the reasons I also enjoy being an Academic Dean and Compliance Officer for the Bottega University family.

- **What are some new developments taking place with academics at Bottega University?**

We are very excited about the future of Bottega University as we have faculty and staff who are devoted and dedicated towards the best interest of our student population. With regard to learning and changes taking place in the learning platform, we are excited about the continued efforts towards ensuring our students are meeting the program learning objectives with weekly discussion questions for all programs. Much of this effort came from the assessment of student performance as the goal is to make sure that students are continuing with the competency based model that has been so successful for the institution while also embarking upon weekly discussions with the faculty then submits the learning for many of our students as well as continued levels of engagement needed for program and institutional successes.

Tips for Writing The Capstone or Dissertation

by Dr. Troy Roland

Like a blank piece of paper to the artist, the first words in any new section may be the hardest. It's easy enough to say, "Just get started," but there is more to it than that. Everyone wants to write with some security that what they are writing is correct and so natural insecurities arise. Just as the house needs a firm foundation, your dissertation will be much easier to write if you have a firm list of topics and subtopics in your table of contents, and to guide the writing in each section. Many times when going through a defense of proposal I find that the underlying structure of the chapters is weakly formatted, and therefore the student struggled to get all the necessary material in each section.



Your university may or may not give you a strong set of headings. While writers who believe that other additional things will help guide their work progress in a logical manner can, of course, add to those beginnings. There is no one set way to write a dissertation or capstone across all universities. The good thing is that you, as a peer, and writer, chart your own course. By the time you start to write the first draft of your dissertation, you will probably already have accumulated a wealth of notes, scribbles and ideas. Planning is essential, but do not be hesitate to draw up new plans whether it is a brief abstract of your dissertation as a whole, or a detailed breakdown of a particular chapter. Effective planning, which should be a continuous process that intensifies during the writing of

your dissertation and not something that fades into the background

Basic Tutorials on Writing: The aim of the capstone is to produce an original piece of research work on a clearly defined topic.

Usually a dissertation is the most substantial piece of independent work in the doctoral program, while a thesis is usually associated with master's degrees, although these terms can be interchangeable and may vary between countries and universities. A dissertation or capstone is likely to be the longest and most difficult piece of work a student has ever completed. It can, however, also be a very rewarding piece of work since, unlike essays and other assignments, the student is able to pick a topic of special interest and work on their own initiative.

Writing a dissertation requires a range of planning and research skills that will be of great value in your future career and within organizations. The dissertation topic and question should be sufficiently focused that you can collect all the necessary data within a relatively short time-frame, usually about six weeks for undergraduate programmes. You should also choose a topic that you already know something about so that you already have a frame of reference for your literature search and some understanding and interest in the theory behind your topic.

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*According to the Bureau of Labor Statistics (May, 2018)

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