



Perfectionism is the over-application of high standards. When high standards become unyielding, this can lead to behaviors that actually get in the way of achieving your goals. Is it perfectionism, or healthy striving for excellence?

### **Perfectionism**

- Motivated by fear of failure and making mistakes.
- Accomplishments never seem to satisfy.
- Value the outcome, not the process.
- Fearful of taking risks.
- Embarrassed and frustrated by errors and failure.
- No room for imperfection or modification of standards and goals.
- Fearful of asking for help.

### **Healthy Striving for Excellence**

- Motivated by feelings of creativity and enthusiasm.
- Efforts bring joy and satisfaction.
- Value the process, not just the outcome.
- Focused on growth and improvement.
- Views mistakes as inevitable and a valuable learning opportunity.
- Remains flexible, adjusting standards and goals as needed.
- Not afraid to be vulnerable.

Perfectionism can be draining, preventing you from enjoying your education. Please consider reaching out to someone who can help you with a shift to healthier interpersonal and behavioral perspectives on striving for your goals.

#### **Counseling and Psychological Services**

[Make an appointment](#)

[Video on perfectionism](#)

#### **Academic Success Coaching**

[Make a one-on-one appointment](#)

#### **Sorenson Legacy Foundation Center for Clinical Excellence**

[Perfectionism Group Therapy](#)

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