

What drives an overachiever?

They wave their hand in the air to answer every question in seventh grade. In high school, they take on all the extra-credit assignments and hand them in early. They butter up the college professors, and organize the boss's files before work. What drives overachievers, and where do the rest of us fit in? Take this quiz and see if you can sort it all out.

1. Overachievers are nothing but high achievers who work a good deal harder.

True () False ()

2. Overachievers put forth the same amount of effort on every project, hoping that they will succeed at everything.

True () False ()

3. Overachievers don't let their accomplishments speak for themselves; they are usually overly concerned about what people think of them, and they feel unintelligent if they don't accomplish their goals.

True () False ()

4. If you are looking for success as a high achiever, you'd better find one thing you do extremely well or thoroughly, rather than spreading yourself too thin with many projects.

True () False ()

5. Overachievers imagine that things should be easier than they are, go smoother than they do, and that others are more automatically successful than they.

True () False ()

6. Unlike overachievers, high achievers are able to handle pressure, and they often enjoy taking risks and blazing new paths.

True () False ()

7. All that work is worth it once the overachiever finds success.

True () False ()

ANSWERS:

1. **False.** Many high achievers get results without a lot of effort. They can rely on their superior intelligence or talent for the task, while to the overachiever, hard work is the gold standard. They spend inordinate amounts of time on planning, goal-setting and doing more than is required, and defining the term



Dr. Joyce Brothers

● Ask Dr. Brothers

"overkill" in every way possible.

2. **False.** Researchers at Ohio State University found that overachievers prefer to avoid putting a lot of work into projects where there is a good chance that they won't succeed, as they lack the confidence that would allow them to make failure an option.

3. **True.** Overachievers lack the good self-esteem and easy confidence that make high achievers able to move forward and take pleasure and pride in their accomplishments. Despite a penchant for appearing arrogant, the overachiever berates himself for every failure and worries about others finding out how "stupid" he is.

4. **True.** From the college-entrance staff to the leading industries in the U.S., specialists are more in demand than generalists, who run the risk of being jacks-of-all-trades and masters of none. Colleges are putting much more value on candidates who demonstrate a sincere and in-depth interest and expertise in one or two areas rather than a laundry list of extracurricular activities — one of the overachiever's favorite weapons.

5. **True.** Because overachievers are deficient in self-esteem and not confident in their own abilities and intelligence, they often overestimate those qualities in others. They feel different from those who achieve success without working their tails off, and spend much of their time resenting how easily things come to others.

6. **True.** Overachievers are generally too lacking in self-confidence to stand up to much in the way of pressure and risk, so they overcompensate by doing projects early,

counting on extra-credit assignments and using flattery and weekend work to pile on the credit. High achievers have enough true self-assurance to stand up to less-than-ideal conditions or circumstances and come through with flying colors.

7. **False.** Unfortunately, no one rests on his or her laurels less than the overachiever. Constantly worried that people will find out that they are not really as good as their reputation, they usually spend little time savoring their victories before preparing for the next epic battle.

If you were able to answer six or more questions correctly, you are more informed than most on this subject.

Conceptis Sudoku

by Dave Green

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| | | 1 | | | | 9 | | |
| | | 4 | 6 | 1 | 7 | 5 | | |

Difficulty Level ★★ ★

1/24

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is at bottom of this page.

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Kansas lawmakers skeptical on plans

WASHINGTON (AP) — President Bush's plan to boost government mandates on ethanol and other alternative fuels drew praise Tuesday from Kansas' congressional delegation, but the state's lawmakers expressed growing concern about deploying more U.S. forces to Iraq.

In his State of the Union address, Bush defended his war strategy from skeptics who question the idea of sending 21,500 more troops to help quell the violence in Iraq. Bush also announced ambitious proposals to expand health insurance coverage and cut gasoline consumption by 20 percent over the next decade.

Republican Sen. Pat Roberts warned that Bush's domestic proposals may languish as long as Americans remain skeptical about his management of the war in Iraq.

"What remains to be seen is whether any of the president's domestic agenda, no matter how worthy, can get off the ground without greater public and congressional support," Roberts said.

While Roberts has offered cautious support for the troop increase, he said the commitment should be reassessed over the next six months if the situation doesn't improve.

Republican Sen. Sam Brownback said he remains firmly opposed to sending more forces, despite Bush's argument that failure in Iraq would lead to a haven for terrorists.

"It hasn't changed by mind," Brownback said. "I think we have to have a bipartisan buy-in on the war in Iraq. I continue to believe the

key is for the president to reach out to the Democrats to ask what they will support."

Brownback and Roberts were more positive about Bush's plan to require the annual use of 35 billion gallons of ethanol and other alternative fuels such as biodiesel by 2017, five times the current requirement.

"Kansas is well-positioned to lead the way on renewable energy such as ethanol, wind, biodiesel and renewable diesel," Roberts said. "But the devil is always in the details, and I caution that we have to understand what effects a 35 billion gallon mandate would have on all sectors of the economy."

Brownback said the mandate could lead to "a golden age for U.S. agriculture" and huge benefits for Kansas farmers.

Even Republican Rep. Todd Tiahrt, typically a staunch defender of the president, expressed concerns about Bush's plan to increase U.S. troop levels in Iraq. But he stressed the need to win the conflict as part of the overall global war on terror.

"If this new strategy does not prove to be successful, we must remain flexible to implement a new approach that ensures success and brings our troops home safely and as quickly as possible," Tiahrt said.

Democratic Rep. Nancy Boyda criticized Bush's health care proposal, which would make employer-provided health care benefits taxable income after a deduction of \$15,000 for families and \$7,500 for individuals.

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| 6 | 1 | 8 | 3 | 4 | 5 | 7 | 9 | 2 |
| 7 | 6 | 5 | 8 | 2 | 9 | 3 | 4 | 1 |
| 2 | 8 | 1 | 4 | 5 | 3 | 9 | 7 | 6 |
| 3 | 9 | 4 | 6 | 1 | 7 | 5 | 2 | 8 |

Difficulty Level ★★ ★

1/24