

OVERCOMMITMENT

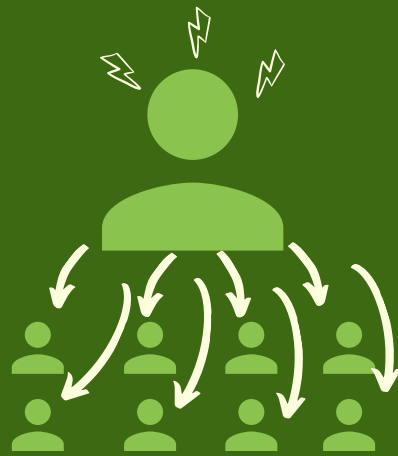
“A pattern of attitudes, behaviors, and emotions characteristic of a person who works harder than what is demanded for a given task”

Overcommitment makes it hard for people to give their fullest to any commitment in their life

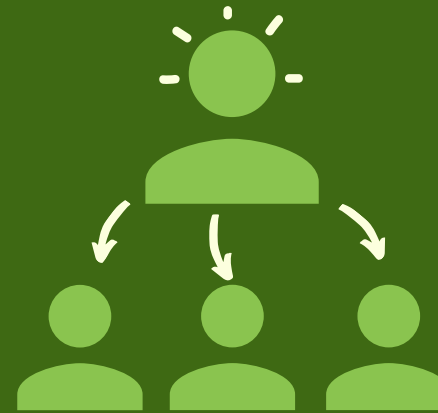
Overcommitted people are more likely to have psychological and physiological complaints

Overcommitment is closely related to perfectionism and burnout

overcommitment



commitment



Committed people practice valued living

They do this by engaging in daily purposeful actions that are connected to values that are important to them

Studies show strong positive relationships between valued living and increased resilience for stressors among college students

Recommendations

- Make sure what you do aligns with your passions and values
- Be able to effectively say no to temptation- practice saying "I don't get involved in more than I can handle" vs. "I can't do everything I want to do."
- Find mentors that can help you find and remind you of your purpose

Sources:

Ceary, C. D., Donahue, J. J., & Shaffer, K. (2019). The strength of pursuing your values: Valued living as a path to resilience among college students. *Stress and Health: Journal of the International Society for the Investigation of Stress*. <https://doi.org/10.1002/smi.2886>; Hetland, H., Saksvik, I. B., Albertsen, H., Berntsen, L. S., & Henriksen, A. (2012). "All work and no play" overcommitment and personality among university and college students. *College Student Journal*, 46(3), 470–482. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2012-24487-002&site=ehost-live&scope=site>; Lund, T. (2019). Quality over quantity?: Mentoring relationships and purpose development among college students. *Psychology in the Schools*; Patrick, V. M., & Hagtvedt, H. (2012). 'I don't' versus 'I can't': When empowered refusal motivates goal-directed behavior. *Journal of Consumer Research*, 39(2), 371–381. <https://doi.org/10.1086/663212>; Smedbol, T., Saksvik-Lehouillier, I., & Skaug, S. (2016). Overcommitment in students a purely negative trait? An exploratory approach towards a more comprehensive understanding.(Report). *College Student Journal*, 50(3), 378–392.