Scott Altman
Research Challenge

Beating the Odds Foundation & NASA

2021 Middle/High School Research Challenge

A Blueprint for Success

The Scott "Scooter" Altman Story

INTRODUCTION

The Beating the Odds Foundation and *NASA* welcome you and your participation in an in-depth study of *success* by examining the life of Scott "Scooter" Altman and his successes as United States Navy Captain, engineer, test pilot, and former NASA astronaut. This research study is of importance to you as well, as you strive to achieve success in life, school, and a career.

Learn how to apply the same *Quarterbacks of Life® (QBOL™) Blueprint for Success* to your life that you will use to study Scott Altman's successes in life, school, and a career. Scott's hope is after researching his story, you too are inspired and motivated to create a life of purpose and meaning by following your dreams and goals. Just like Scott, you too have an opportunity to make a life and a difference as a caring human being and a builder of caring communities, today and tomorrow.

You and members of your team are to achieve two (2) outcomes.

1. Create and manage a successful research team (Read *Building Successful Teams*).

2. Develop an informative PowerPoint presentation that explains how the *Blueprint for Success* applies to Scott Altman's life and the lives of everyone on your team.

THE SCOTT "SCOOTER" ALTMAN STORY

Scott "Scooter" Altman has made a life of purpose and meaning as a caring human being and a builder of caring communities at home and globally. The *Beating the Odds Foundation* and *NASA* feature this person of character and achievement for you to research to better understanding the nature of success and how it applies to Scott Altman's life and your life now and in the future.

As you study Scott's life, you see that it is multidimensional in every respect. His personal, educational, military, and NASA experiences offer insights and understandings into how he views and attains a life of purpose, meaning, and success.

His life began on August 15, 1959 and spans sixty years of value of which we all can be proud. Your research goal is not to do an in-depth study of his every accomplishment. Rather you and your team are to develop an overview of his life and his accomplishments to better understand how Scott's successes relate to the *QBOL™ Blueprint for Success*. In doing so, you will come to appreciate how this same *Blueprint for Success* impacts your life as well.

There are many online articles and videos depicting Scott Altman's life and career. Use these findings to support your research and develop your PowerPoint presentation.

At the conclusion of your PowerPoint story, your audience will be aware of and understand how the *Blueprint for Success* has personal value for you and your team and Scott Altman's successes in life, school, and a career.

HOW TO USE THIS GUIDE

The BTO *QBOL™ Blueprint for Success* consists of three modules.

- *Module 1: Success*
- *Module 2: Success Stoppers*
- *Module 3: Five (5) Stepping Stones to Success*

Each Module has two (2) parts. Each part presents a specific question to address.
- **Part 1:** _Personal Success_: _How does the Blueprint for Success_ relate _to your personal successes_?
- **Part 2:** _Scott Altman Research Challenge_: How does the _Blueprint for Success_ relate to Scott Altman's life successes?

Directions: Complete the following four (4) Steps!
- Read through the entire _Student Research Guide._ Make sure you understand how to use this _Guide_ before beginning your research.
- Read _Building Successful Teams._ Organize your team for success.
- Review online articles and videos that detail Scott Altman's successful life and career.
- Create a PowerPoint presentation using your research data and these guidelines:
  - ✓ **Length:** Keep your PowerPoint presentation between five (5) and eight (8) minutes.
  - ✓ **Slide Visibility:** Create slides that can be read from a distance.
  - ✓ **Slide Content:** Keep slide content to a minimum.
  - ✓ **Slide Narratives:** Expand on slide content using a prepared written narrative.
  - ✓ **Slide Organization:** Use slide headings that correspond with the _QBOL™ Blueprint for Success._

BTO QBOL™ BLUEPRINT FOR SUCCESS

Module 1: Success

Definition: _Success is a process of self-improvement that leads to forward movement in the direction of your dreams & goals._

Personal Success: Provide an example of how this definition relates to success in your life and/or someone on your team.

Scott Altman's Success: Use your research data to provide an example of how this definition relates to Scott Altman's life and career successes.
Sample slide: _Use creativity in designing your slides._

MODULE 1: SUCCESS

Definition

S*uccess* is a process of *self-improvement* that leads to forward movement in the direction of one's *dreams & goals*.

The underlined words speak to the nature of success. Success is a *process* in that it involves taking the right steps. Success requires *self-improvement*, learning new resources (skills). When you take the right steps and use your resources, you gain *forward movement* in the direction of your *dreams & goals*, what you want. This definition indicates that *success* does not occur by *chance*. It occurs by *choice*.

Personal Success: *Research Challenge*

How does the BTO Definition of Success relate to you and members of your team? Discuss this question and provide one (1) personal example from your group that meets the definition of *Success* and the key underlined words.

Success Example: *"I had a dream of becoming an Eagle Scout with a goal to complete all the steps necessary to achieve this recognition. I had a target to hit, a series of steps to go through, and information and skills to learn and use. My journey took seven (7) years to complete. I achieved success and was awarded the Eagle Scout rank in 1957."*

Scott Altman Success: *Research Challenge*

Review the information you have researched on Scott's life. Your task is to provide one or more examples that demonstrate how Scott has met the *BTO Definition of Success*. Think backwards from one of Scott's dreams and goals. How did he get from where he was to where he wanted to be? Did he have to go through a series of steps (process)? Did he have to learn new information and resources (skills)? Did he have to use what he learned to gain forward movement toward what he wanted (dream/goal)? If he accomplished these tasks, he was successful in moving toward his goal. *Remember success is about self-improvement not perfection.*

Create one or more slides for Module 1: Success. Define *success* and demonstrate, by way of example, how this definition relates to your *personal success.*

Demonstrate how this definition of success relates to Scott Altman's life.

Develop a narrative to present your *Module 1: Success* slides (Personal and Altman).

MODULE 2: SUCCESS STOPPERS

Definition
Success Stoppers are *personal* and *environmental* factors or conditions (real and imaginary) that have the power to **impede or halt** _forward movement_ toward _dream & goal_ attainment*.*

Success Stoppers & Success
Success Stoppers negatively impact one or more of the four (4) critical conditions in the definition of *success* that can impede or halt _forward movement_ toward _dream & goal attainment_.

- *Success* is a _process_ (a series of steps that *require* completion).
- *Success* requires developing and/or obtaining needed _self-improvement_ resources.
- *Success* requires *using* needed resources to gain _forward movement_.
- *Success* requires _dreams & goals_ (a target).

Types of Success Stoppers
There are two (2) major types of *Success Stoppers,* personal and environmental.

Personal Success Stoppers include examples like the following: fears & phobias, anxiety, illness, medical conditions, disabilities, learning difficulties, skill deficits, negative and/or irrational thinking, perfectionistic tendencies, and so on.

Environmental Success Stoppers include, but are not limited to the following: natural disasters, lack of resources (money, time, human, training, etc.), safety issues, failure to observe and respond to signs of danger, exposure to potentially high-risk life situations, misuse of objects and instrument, and so on.

Success Stoppers: What You Need to Know

- *Success* and *Success Stoppers* occupy the same space. Wherever there are opportunities for *success,* there are *Success Stoppers*.
- *Success Stoppers* are real and encountered by everyone.
- *Success Stoppers* are the reason why *dreams & goals* go unmet.
- Many *Success Stoppers* can be anticipated, identified, and challenged.
- *Identified Success Stoppers* can be prevented, avoided*, weakened, or eliminated.*
- *Some Success Stoppers* are hidden outside your field of awareness.
- <u>*Success is possible*</u> when *Success Stoppers* are <u>*identified*</u> and <u>*challenged*</u>.

Personal Success Stoppers: *Research Challenge*

How does the BTO Definition of *Success Stoppers* impact you and members of your team? Discuss this question. How do your personal *Success Stoppers* relate to Module 1's definition of Success? Consider the four (4) underlined conditions in the QBOL definition of *Success*. Unmet conditions are potential *Success Stoppers.* Have you successfully challenged your *Success Stoppers or have some challenged and beaten you*?

Provide one or more personal *Success Stopper* examples from your group that meet the *Success Stopper definition* to use in your PowerPoint presentation.

Success Stopper Example: "I dreamed of getting an A on my next science exam. My goal was to study hard. I took and failed the next science exam. **My *Success Stoppers*:** *I did not take the necessary steps to learn what I did not understand (Process). I <u>lacked</u> needed science test knowledge, note taking, and study habit resources (lacked self-improvement resources). I did not have a clear goal. "Studying hard is too vague a target." What additional Success Stoppers are evident?*

Scott Altman's Success Stoppers: *Research Challenge*

Review the information you have researched on Scott's life. *Your task is to provide one or more Success Stopper examples that Scott Altman <u>faced</u>, <u>identified</u>, and <u>challenged</u> in his life (school & throughout his career).*

For every success Scott experienced, he had *Success Stoppers* to identify and challenge. Start by looking at some of Scott's successes. Select one major achievement (success). What did he accomplish? What major steps did he take to achieve what he wanted (dream/goal)? The steps that Scott took not only propelled him toward goal attainment, they also headed off potential *Success Stoppers*, ones that could have derailed his forward movement toward goal attainment.

Create one or more slides for *Module 2: Success Stoppers*. Define *Success Stoppers* and demonstrate how they have impacted your <u>personal successes.</u>

Next demonstrate the role that *Success Stoppers have* played in Scott Altman's life and how he addressed them on his path to dream and goal attainment.

Develop a narrative to present your *Module 2: Success Stopper* slides (Personal and Altman).

MODULE 3: FIVE (5) STEPPING STONES TO SUCCESS

The *Five Stepping Stones to Success* provide a pathway (Module 1) to success and ways to successfully manage Success Stoppers (Module 2). Modules 1 and 2 are core features of Module 3. Together, they create a <u>process</u> of <u>self-improvement</u> that leads to <u>forward movement</u> in the direction of one's <u>dreams & goals.</u>

As you move through the *five Stepping Stones (blueprint for success),* discover how they build on and overlap each other. This purposeful overlapping allows for *self-improvement* through rewriting opportunities that reflect new insights and understandings that support *forward movement* toward *dream & goal attainment.*

Your research challenge is to demonstrate how the following five *Stepping Stones to Success* impact your life and how they contribute to *Scott Altman's life of self-improvement* and *forward movement* in attaining his *dreams & goals.*
- *Stepping Stone One: Dreams & Goals*
- *Stepping Stone Two: Self-Awareness: Resource Review & Development*
- *Stepping Stone Three: Team Support*
- *Stepping Stone Four: Decide & Plan*
- *Stepping Stone Five: Positive Mental Attitude*

Stepping Stone One: Dreams & Goals

Definitions

Dreams are powerful, and often inspiring, creations of the mind. They clarify what you want in life. Dreams for many, are a gateway to success. While dreams are not goals, they are important because they provide focus and desire.

Goals ground dreams in reality. They give dreams their foundation by turning wants and wishes into reality. Goals are detail specific and success oriented. They, when implemented, lead to self-improvement and forward movement toward goal attainment.

Personal Dreams & Goals: *Research Challenge*

How do the BTO Definitions of *dreams & goals* relate to you and members of your team? Discuss this question and provide one or more personal examples from your group that meet these definitions.

Dreams & Goals Example: "I have a <u>dream</u> (wants/wishes) to ride solo across America on my bicycle. My <u>goal</u> is to set dates for my ride, get my bike in good repair, read books on long distance bike riding, and talk to a friend who completed last year, the same solo trans America bike ride I want to complete."

Scott Altman's Dreams & Goals: *Research Challenge*

Review the information you have researched on Scott's life. Your task is to provide one or more examples that illustrate how SS One: *Dreams & Goals* relate to Scott's life successes.

Scott is no stranger to dreams. One of his earliest dreams occurred when he was three (3) years old. And, he followed his dream to reach his goal. What was his goal and how did he achieve it? Scott has had a life of successes. And to be successful, Scott had dreams which he achieved through goal setting, determination, perseverance, and a never give up attitude.

Make a list of Scott's many successes. Identify one or more of his successes that demonstrate the power of dreams and goals in achieving success.

Create one or more slides for *SS One: Dreams & Goals.* Define and illustrate how they relate to your life and your _personal successes_.

Demonstrate, using one or more slides, the role that *SS One: Dreams & Goals* have and continue to play in Scott Altman's life and career.

Develop a narrative to present your slides (Personal and Altman).

Stepping Stone Two: Self-Awareness: Resource Review & Development

Definitions

Self-Awareness: When you are self-aware, you are acutely tuned into you. You know your resources, strengths, limitations, and personal Success Stoppers. And, you are acutely aware of your goals and all they entail. Awareness helps you to determine if your goals are doable, observable, measurable, and risk tolerable.

Achieving success is awareness driven. You improve your opportunities for success when you are aware (self & your goals). Why, because awareness leads to understanding. And, understanding leads to self and goal improvement which eventually lead to actions and goal attainment.

Resource Review & Development: Your resources are your power tools (strengths, skills, time, team support, equipment, finances), what you use to achieve your goals. *Resource reviews* are power tool self-audits in which you identify the resources you have and those you need in your quest for goal attainment. And, *Resource Development* is what you do to learn or acquire resources you need, but do not have, to reach your goals.

Personal Self-Awareness: Resource Review & Development: _Research Challenge_

How do the BTO Definitions of *Self-Awareness: Resource Review & Development* relate to you and members of your team? Discuss this question and provide one or more personal examples from your group that meet these definitions.

Self-Awareness: Resource Review & Development: Example: "*I am a high school freshman. My goal is to be an aeronautical engineer. Goal awareness: I need to be STEM (science, technology, engineering, & math) proficient by taking courses in these areas. Awareness of goal deficits (Success Stoppers): I need*

more information about my career goal. <u>Self-awareness</u>: I do better in STEM courses when I use a tutor. <u>Resource Review</u>: I have proficient science skills, reliable study skills, and am a proficient time manager. I lack knowledge about my career goal. <u>Resource Development/ acquisition</u>: I will hire a STEM proficient tutor and meet with my guidance counselor to gain additional information on aeronautical engineering."

Scott Altman Self-Awareness: Resource Review & Development: <u>*Research Challenge*</u>

Review information on Scott's life and career. Your task is to provide one or more examples that illustrate how *SS Two: Self-Awareness: Resource Review & Development* have contributed to Scott's successes in career assignments and challenges.

SS Two is of critical importance to NASA, Scott Altman, and all team members contributing to the development and successful completion of every *NASA* mission. Mission success is dependent on becoming thoroughly aware of every aspect of every mission (potential Success Stoppers, dangers, and risks). Mission success is equally dependent on becoming fully aware of the capabilities and potential limitations of every mission contributor.

NASA examines all necessary resources needed to successfully complete a mission and determines what resources and procedures need to be developed before determining if the mission is doable and risk tolerable. Thus, human and mission awareness play significant roles in mission success from developing the mission to providing for participant (astronaut) readiness through comprehensive, detailed, and repetitive training. *Stepping Stone Two* is all about <u>*making choices*</u> *versus taking chances.*

Scott, a NASA astronaut, was a key player on four space missions. In his last two (2) missions, he was commander of Columbia and later Atlantis, charged with servicing the Hubble Space Telescope. Atlantis was the fifth and final mission to extend the useful life of Hubble. Consider studying one of Scott's four missions in space to illustrate the importance of *SS Two* in bringing more clarity to NASA's mission goals and Scott's success in space.

Research: PowerPoint Task

Create one or more slides for *SS Two: Self-Awareness: Resource Review & Development.* Define and illustrate how *SS Two* relates to your life and your <u>*personal success*</u>.

Demonstrate, using one or more slides, the role that *SS Two* has and continues to play in <u>Scott Altman's life and career</u>.

Develop narratives to present your slides (Personal and Altman).

Stepping Stone Three: Team Support

Definition

Team Support: Achieving success is a *team* effort involving people helping people. *Team support* improves goal clarity, enhances the identification and management of potential Success Stoppers, strengthens goal-related decision making and planning, and sustains optimism and resilience in the face of inevitable setbacks and challenges.

Personal Team Support: *Research Challenge*

How does the BTO Definition of *team support* relate to you and members of your team? Discuss this question and provide one or more personal examples from your group that meet this definition.

Team Support Example: "Rarely do I ever achieve success in the absence of support from others. When I go the grocery store, workers help me find products, offer assistance at the checkout, and load groceries into my car. When I don't feel well, I have team support from everyone in my doctor's office to the pharmacist at the local drug store. And when I need academic support at school, my teacher**s**, friends, and parents are there to help me. I too offer team support. I am a hospital volunteer, support community charities, and support my baseball team in reaching our goals."

Scott Altman & Team Support: *Research Challenge*

Review information you have researched on Scott's life. Your task is to provide one or more examples that illustrate how *SS Three: Team Support* has contributed to Scott's and *NASA's* mission successes. Also, keep in mind how *team support* relates to and improves the outcome of each of the Five Stepping Stones to Success.

Research: PowerPoint Task

Create one or more slides that defines and illustrate how *SS Three: Team Support* relates to you and your *personal success*.

Demonstrate, using one or more slides, the role that *SS Three* has and continues to play in Scott Altman's life and career.

Develop narratives to present your slides (*Personal* and *Altman*).

Stepping Stone Four: Decide & Plan

Definition

Decide & Plan address the *what* and *how* of goal attainment and success. Decisions focus on *what* you need to know and understand about your goal to achieve success. And, your *plan* uses your goal related decisions to create a series of steps detailing *how* you will achieve your goal. *Decision making* and *planning* increase goal understanding and attainment by using information and understandings attained in *Stepping Stones One* through *Three*.

Personal Decide & Plan: *Research Challenge*

How do the BTO Definitions of *Decide & Plan* relate to you and members of your team? Discuss this question and provide one or more personal examples from your group that meet this definition.

Decide & Plan Example: "My goal is to develop a *healthy* and *safe* exercise program. Using everything I have learned about me and my goal (Stepping Stones One-Three), here are a few decisions I need to make. Who are some people who can help me to choose and plan a healthy and safe exercise program? What personal Success Stoppers could keep me from achieving my goal? What days of the week do I have time to exercise? Where can I exercise? What additional decisions do I want to consider to help me ensure goal attainment? Using answers to my decisions, I will, with support from others, create a healthy, safe, and detailed exercise plan that is right for me and one I will do." *Here is where you create a step by step exercise plan you can accomplish.*

Scott Altman and Decide & Plan: *Research Challenge*

Review information you have researched on Scott's life and career. Your task is to provide one or more examples that illustrate how *SS Four* has contributed to Scott's life and career successes. For example, Scott's successful completion of NASA mission assignments provide a vast array of important examples where Scott and NASA relied on *SS Four: Decide & Plan* to attain their collective and individual goals.

Create one or more slides that define and illustrate how *SS Four: Decide & Plan* relates to you and your _personal success_.

Demonstrate, using one or more slides, the role that *SS Four* has and continues to play in <u>Scott Altman's life and career</u>.

Develop narratives to present your slides (*Personal* and *Altman*).

Stepping Stone Five: Positive Mental Attitude

Definition

<u>Positive Mental Attitude</u> is an internal state of optimism, resilience, and courage to stay the course in the face of adversity and difficult life challenges. How you handle life changing circumstances is key to your success and emotional wellbeing.

Personal *Positive Mental Attitude (PMA)*: _Research Challenge_

How does the BTO Definition of *Positive Mental Attitude* relate to you and members of your team? Discuss this question and provide one or more personal examples from your group that meet this definition.

Positive Mental Attitude Example: *Stepping Stone Five is a window of opportunity to learn and practice PMA strategies. Here are a few strategies I use to stay positive on my pathway to success.*
- *Focus on self-improvement not perfection.*
- *Be open to changes in direction. One's pathway to success does not occur in a straight line.*
- *Set daily goals and keep a record of my accomplishments.*
- *Focus on what works in my life, not on what does not.*
- *Use positive self-talk and imagery.*
- *Connect with positive people and learn new ways to stay positive when I hit roadblocks.*
- *Memorize and use positive sayings to stay positive.*

"I failed my first math exam. I always get A's on math, how awful, I am a failure. I experience anxiety, fear, and anger. I shut the door to my feelings and tell no one. Later, I revisit my situation. I change my perception of me. I look at my exam and discover I did most of the problems correctly. My situation is

really not so bleak. I am disappointed yet hopefully optimistic. I tell myself that I am not perfect. I ask my teacher for help, correct my mistakes, and look forward to the next exam."

Scott Altman and PMA: *Research Challenge*

Review information you have researched on Scott's life and career. Your task is to provide one or more examples that illustrate how *SS Five: Positive Mental Attitude* contributes to Scott's life and career successes. What are some *PMA* strategies that Scott and NASA use to stay focused and forward moving in the face of setbacks and seemingly insurmountable challenges?

Research: PowerPoint Task

Create one or more slides that defines and illustrates how *SS Five: Positive Mental Attitude* relates to you and your <u>personal success</u>.

Demonstrate, using one or more slides, the role that *SS Five* has and continues to play in <u>Scott Altman's life and career</u>.

Develop narratives to present your slides (*Personal* and *Altman*).

CONCLUSION

Using the *Five Stepping Stones to Success* does not guarantee success. However, using this *QBOL™ Blueprint for Success* increases your opportunities for success in an environment of increased safety and reduced danger and risk. Why you may ask? The answer is simple. Built into the Five Stepping Stones is the element of <u>control</u> over <u>chance</u> through **choice**. The *Blueprint for Success* is a *goal-oriented*, *choice driven*, and *risk management* process.

NASA and astronauts like Scott Altman understand there are inherent dangers and risks associated with every mission. That is why NASA thoroughly applies every Stepping Stone to Success to achieve Mission success in the context of care, risk management, and safety. Just like *NASA,* you too are encouraged to plot your pathway to success using these same five (5) *Stepping Stones.*