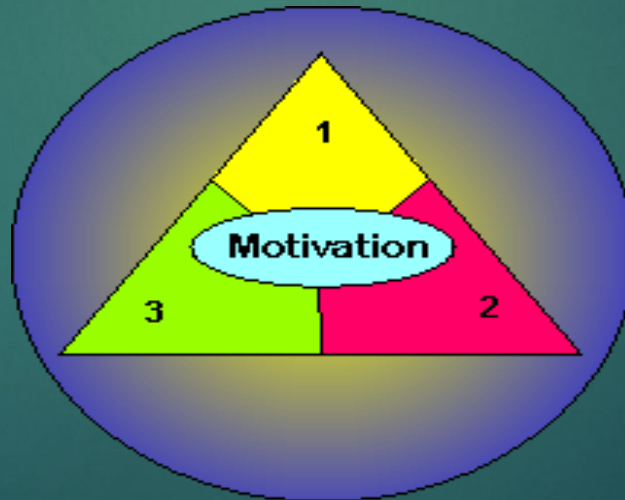


# MOTIVATION

What motivates you?

Choosing a meaningful purpose gives our lives a direction and creates inner motivation.



# How to discover what motivates you

- ▶ Think about when you were young
- ▶ What were you passionate about
- ▶ What excited you
- ▶ What gave you the most pleasure



# ACTIVITY



- ▶ With all the thoughts about what motivated you as a child, do the following activity

## GUESS MY DREAM



# GUESS MY DREAM



1. I really love to...
2. I'm very good at....
3. What I really want to have is...
4. What I really want to do is...
5. What I really want to be is...
6. Work that I would do even if I didn't get paid is...
7. After I'm gone, I want to be remembered for...
8. Someone I really admire for his or her achievement is...
9. The best compliment anyone can say to me is....
10. One of my biggest dreams is....

# Characteristics of Students with High Motivation

Highly-motivated students:

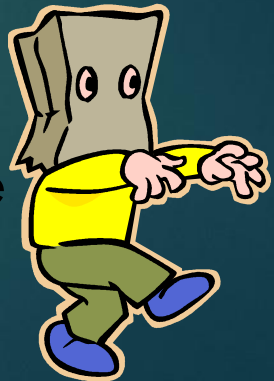
- ▶ Understand how success in college fits in with their own personal, academic, social, and occupational goals
- ▶ Focus on goals to help them stay committed
- ▶ Are more likely to work hard at participating in their classes
- ▶ Are more likely to continue working in the face of difficulties
- ▶ View success as their responsibility
- ▶ Understand that there are factors beyond their control and focus on factors they can control



# Students with Low Motivation



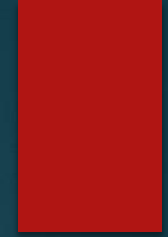
- ▶ Have not defined a personally meaningful purpose for being in college
- ▶ May be easily distracted causing them to drift from rather than to academic success
- ▶ May procrastinate when homework needs doing
- ▶ Put less effort into assignments thus increasing the possibility of failing
- ▶ Find it difficult to participate thus are unable to remain focused
- ▶ Are more likely to blame others and are not responsible





# Questions to Improve our Thinking about Motivation...

## Are you



- ▶ Clear about Your Goals?
- ▶ Successful in setting and achieving goals?
- ▶ Do you believe you can be successful?
- ▶ Do you view high achievement as luck or effort?
- ▶ Are academic abilities something that are innate, or do you think there are things you can do to earn better grades and be more successful?



# Understanding Motivation is Important

## Motivation is....

- ▶ About accepting responsibility for...
- ▶ Possible to have a positive attitude toward college but a low Motivation score
- ▶ College is exciting but are you motivated to do everything required to be successful in college?





# Student's Focus should be....

- ▶ Students have to focus on goal setting at the more specific level of individual tasks and assignments.
- ▶ Learning to embrace and accept responsibility for studying and achievement outcomes requires that students learn to access what happens to them in school on their own efforts
- ▶ Taking responsibility for themselves rather than blaming outside forces such as professors, advisors, or perhaps their tutors.





# Beliefs and Emotions Affect our Motivation



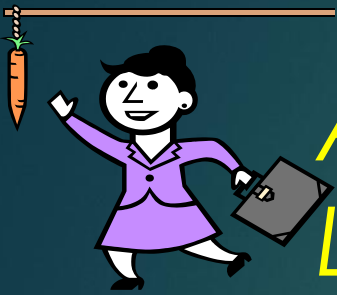
Activity: Please write your responses to the four questions below.

1. Have you ever not done something that you really wanted to do because you couldn't do it? What was it?
2. Is there a subject that is just not good for you? What is it?
3. If you were told that you would receive the car of your choice if you got an "A" in a class in the subject you identified above, do you think that you could get an A?

What would you do differently in your efforts to get the "A"?

4. Are you good at the things you do, or do you do the things you can do well?





# ANALYZING MOTIVATION

*Look at a number of factors:*

1. Your goals – your personal goals, your academic goals, your social goals, and your occupational/professional goals.
2. Your beliefs about your chances of succeeding - we call these self-efficacy beliefs.
3. What you think causes success or failure in college - we call these attribution beliefs.
4. The degree to which you want rewards from others, such as praise or gifts, versus the degree to which you do things to please yourself – we call these external and internal motivations.





# GOALS...



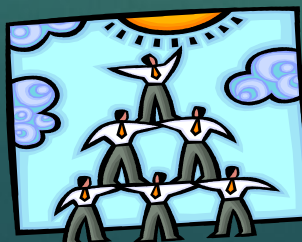
Are key factors **in** motivation as well as keys to **creating** your motivation

Must be based on YOUR values and YOUR beliefs

Cannot be given to you by anyone



**YOU** must decide what **YOU** want to strive for and achieve





# ***DIFFERENT TYPES OF GOALS***



***Personal Goal*** – one that relates only to you.  
It is focused on you as an individual.

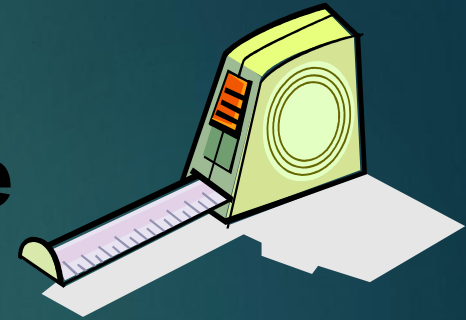
***Academic Goal*** – one that is related to you as  
a college student.

***Social Goal*** – one that focuses on you and  
your relationships with other people.

***Occupational/Professional Goal*** – one that relates to  
your future jobs or careers.

# *A Goal Must Possess **Three** Attributes to be Useful*

1. Must be **specific** and **measurable**
2. Must be **challenging** and **realistic**
3. Must have a **clear start** and **completion time/date**



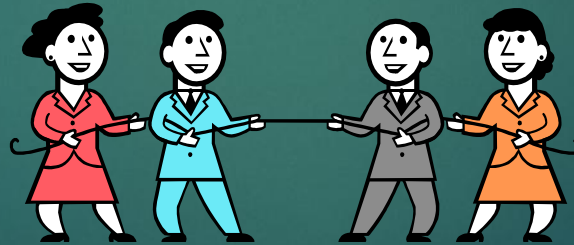


# *Set both Short- Term and Long-Term Goals*



- For long-term goals, create two enabling goals, a special type of shorter-term goal to help achieve a long-term goal.

- Analyze your goals for conflict and commitment.



- Give yourself rewards for completing certain goals.

# SELF-EFFICACY UNDERSTANDINGS

“Success breeds success”

The more you succeed at something, the more confident you will feel that you can succeed at it again in the future. The more confident you feel, the more motivated you will be, and the more likely you will be to succeed.

Success increases your confidence and then increases your motivation. The process has a spiraling effect: your performance improves, so your confidence increases, so you set higher goals, and become more motivated.





# Low Confidence = Low Self-Efficacy



Lack of success will decrease your confidence and then decrease your motivation. The process has a spiraling effect: your performance suffers, so your confidence decreases, so you set lower goals, and become less motivated.



# *Points to Remember about Motivation*



Some points to remember about MOTIVATION:

- ▶ We choose to work on goals we value
- ▶ We are capable of achieving these goals if we believe we can achieve them
- ▶ We can choose whether or not negative beliefs or emotions get in the way of our success.

Your beliefs or emotions affect your  
motivation!

# Motivational Quotes



- ▶ We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities.  
**Ralph Waldo Emerson**
- ▶ The only way of finding the limits of the possible is by going beyond them into the impossible.  
**Arthur C. Clarke**
- ▶ We are what we repeatedly do. Excellence, therefore, is not an act but a habit.  
**Aristotle**
- ▶ Work spares us from three evils: boredom, vice, and need.  
**Voltaire**
- ▶ It is hard to fail, but it is worse never to have tried to succeed.  
**Theodore Roosevelt**
- ▶ Nothing will ever be attempted if all possible objections must first be overcome.  
**Samuel Johnson**

# Motivational Quotes

- ▶ He who hesitates is lost.  
**Proverb**
- ▶ Our greatest glory is not in never falling but in rising every time we fall.  
**Confucius**
- ▶ Great spirits have always encountered violent opposition from mediocre minds.  
**Albert Einstein**
- ▶ Knowing is not enough; we must apply.  
Willing is not enough; we must do.  
**Johann Wolfgang von Goethe**
- ▶ We are still masters of our fate.  
We are still captains of our souls.  
**Winston Churchill**
- ▶ Nothing great was ever achieved without enthusiasm.  
**Ralph Waldo Emerson**

