WHAT MOTIVATES YOU AS A STUDENT?
MOTIVATION IN COLLEGE

• Motivation is strongly influenced by what you think is important and what you believe can be accomplished

• 32% of students identify graduation is a primary motivator
YOUR COLLEGE PERSPECTIVE

Your perspective can set the tone for how you experience college

• What is your current perspective toward college/academics?
• What steps will you take to make your experience more positive?
ADOPT A POSITIVE ATTITUDE

• A “Can Do” attitude will help you stay on track and be successful academically
• When you change your attitude from “I Can’t” to “I Can” you will see positive outcomes
• This will make you want to continue on the path of academic success
SET A ROUTINE

• Make time to study and time for yourself
• Your routine should include personal wellness and study time
• Turn time management into a habit
• Set a reasonable schedule you can maintain
• Habits will become automatic
  – You will naturally shed your old, unproductive habits
• Set a schedule and stick to it
SCHEDULE YOUR STUDY TIME

• Study time should be a part of your daily routine
• Devote time to complete specific activities:
  – Studying
  – Reviewing notes
  – Reading chapters
  – Practicing problems
  – Homework
ENHANCE YOUR STUDY ENVIRONMENT

• Create a comfortable, organized and efficient study area
• Will allow you to study more effectively
• Increase your motivation to study
CREATE A DAILY TO-DO-LIST

• Daily to-do-lists will keep you motivated
• Check off each task after completion
• This makes you feel accomplished
• It inspires you to stay on track with the rest of your list
BECOME AN ACTIVE LEARNER

An active learner finds themselves wanting to learn more

Don’t just attend classes and lectures

Participate in class discussions

Meet with your professors

Be over prepared for exams

Desire to learn will increase when more involved in the classroom
DON’T LET SETBACKS DERAIL YOUR FOCUS

• We all experience setbacks
• Expect setbacks
  – When they happen, redirect and review your goals
• Don’t give up!!!!
• If something doesn’t go well, try not to get discouraged
• Access what went wrong
• Use what you learned to help you be successful in the future
• Keep reminding yourself that you can do better
Celebrate the small achievements

Each time you accomplish a goal mark the task off your to-do-list

If you earn a good grade, reward yourself

Take breaks to help you feel positive and motivated to keep working

Take time for yourself

Give your mind a rest

Turn off your “work brain”
ACKNOWLEDGE YOUR PROGRESS

• Acknowledge progress you have made
• Recognize your past successes
• Make a list of your recent accomplishments
• Remind yourself of past accomplishments to inspire you when you are lacking motivation
Do you set goals for yourself?

What steps do you take to accomplish those goals?
Goal Setting

College Goals

Goals help you stay focused, motivate you and keep your priorities in order.

Setting goals can help you prepare for your future.

When you set goals you are more likely to achieve success.
GOAL SETTING

• Goals can apply to anything in life
• They can include personal, professional, academic, health, fitness
• They can be long or short term
THOSE WHO SET GOALS

- Have a sense of purpose
- Have a plan for achieving success
- Use time efficiently and stick to the plan
- Do not procrastinate
- Fulfill desires
- Continually set new goals
- Become successful
Creating S.M.A.R.T. Goals

- S.M.A.R.T. goals are:
  - Specific
  - Measurable
  - Attainable
  - Realistic
  - Timely
YOUR GOALS SHOULD BE SPECIFIC

A specific goal has a much greater chance of being accomplished than a general goal.

To set a specific goal you must answer the six “W’s”

Example: A general goal would be, “Get in shape.” But a specific goal would say, “Join a health club and workout 3 days a week.”
YOUR GOALS SHOULD BE MEASUREABLE

- Establish concrete criteria for measuring progress toward reaching each goal
- To determine if your goal is measurable, ask questions:
  - How much?
  - How many?
  - How will I know when it is accomplished?
- When you measure your progress you:
  - Stay on track
  - Reach your target dates
  - Experience excitement of achieving your goals
YOUR GOALS SHOULD BE ATTAINABLE

- Think of ways to achieve goals that are important to you
- Develop the attitudes, abilities and skills to reach them
- See previously overlooked opportunities
- Plan your steps and establish a time frame to accomplish them

- Goals eventually move closer and become attainable
- List your goals
- See yourself achieving your goals
YOUR GOALS SHOULD BE REALISTIC

- A goal must be something you are both willing and able to reach
- Be sure that every goal represents progress
- A high goal is easier to reach
  - Higher goals have higher motivation
- Your goals are realistic if you believe that they can be accomplished
YOUR GOALS SHOULD BE TIMELY

• A goal should have a time frame
• With no time frame there is no sense of urgency to accomplish it
• A time frame will motivate your mind to begin working toward that goal
POSSIBLE ACADEMIC GOALS

• Set a goal for:
  – Grades in each class
  – Homework/study times for every course
  – Attending professor office hours
  – Taking a course that challenges you
  – Joining an extracurricular group or organization
  – Visiting Engineering Career Services
WHAT ACTIONS WILL YOU TAKE TO CREATE A POSITIVE COLLEGE EXPERIENCE?
REFERENCES


