

## STRATEGIES FOR MOTIVATION

### Unpleasant tasks

- Do the task you dread the most first. Now that it is done you no longer have to think about it.
- Reward yourself for doing the unpleasant task.

### Complex Projects

- Break large jobs into smaller, more manageable tasks. Plan and complete a start-up task, no matter how small, to get yourself going.
- For each of the smaller tasks, make a list of things to do or steps that need to be followed.

### Lack of Interest/motivation

- Work on the task or assignment when you are at your peak. Consider making it the first task of the day. This way it is done and you no longer have to think about it.
- Reward yourself as you make progress on the task.

### Fear of Failure

- It can be difficult to face the consequences of as a result.
- Keep a mental picture of the completed task/project and how good you will feel when you are finished. Focus on the end result and not just the process that leads to that result.

### Perfectionism

- Do not let the need for perfection immobilize you.
- Keep in mind that everyone's standards are different.
- Do your very best and take pride in

\*\*\*Today, more than ever, the better paying and more prestigious jobs require college training. Better pay, greater security, and higher prestige are three of the occupational rewards for completing college.

A college education also helps you to acquire five very important intellectual skills. These are the ability to locate, interpret, evaluate, organize, and communicate information. These skills in turn sharpen your perceptions in three ways, all of which can greatly affect how you live life. These are:

1. Stimulating your interest in finding the "why" and "how" of things.
2. Developing your ability to quickly and logically analyze the ideas and motives of others.
3. Developing your ability to effectively and convincingly express your own ideas and beliefs.

These are meaningful and practical reasons for obtaining a college education.

## **Recruitment, Retention, & Tutorial Services**

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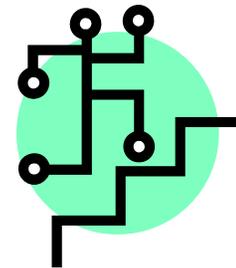
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## **Recruitment, Retention, & Tutorial Services**

## **IMPROVING SCHOLASTIC MOTIVATION**



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# IMPROVING SCHOLASTIC MOTIVATION

Motivation is considered to be one of the most important factors determining success or failure. You should realize, of course, that along with motivation there must be a minimum level of ability to build upon. But if you do possess a reasonable amount of the required ability, your odds of succeeding will be greatly increased by also being highly motivated. Conversely, great ability and poor motivation can lead to failure.

You could be asking yourself, **what can I do, then, to increase my scholastic motivation?**

## STEP ONE

Think through why you are going to college. Your reasons must be strong enough to justify the long hours and intense work. Your reasons have to be personally valid and meaningful to you. (i.e. "Because my parents expect me to attend college" is not a good reason since you are the one doing the work, not them). If you are having a difficult time justifying college attendance, you may want to read the book *On Becoming an Educated Person* by Virginia Vocks.

## STEP TWO

In your courses, do not try to memorize facts but try to see the relationship between the material you are studying and your occupational objectives. Remember though, that the more you know about your future occupation, the easier it will be for you to see this relationship. Consequently, learn all you can about your chosen career.

## STEP THREE

Think through what you would like to be doing after your college (or high school) education and try to formulate some realistic and meaningful educational and occupational goals that are appropriate to your interest.

Remember, having meaningful occupational plans will increase the interest you have on the courses you are taking, as they are related to your future profession. A counselor is probably the best person to assist you in exploring careers and your occupational interest and aptitudes.

## STEP FOUR

Try to get to know others who share your educational and vocation interests. Many professional organizations provide for the membership of students, so professionals and students can meet informally. This is an excellent way of clarifying and reinforcing your own objectives. If this is not possible, make an appointment to talk to an instructor or counselor.

## STEP FIVE

Try to get experience doing work that is closely related to your chosen occupation. It will give you a better understanding of the training requirements, working conditions, and job duties associated with the occupation.

## STEP SIX

Set short-term education goals for yourself. At the beginning of each semester, determine what grade you wish to make in each class. Next, determine what grade you will need on the first test to insure meeting the goal you have set for yourself. After receiving the results of your first test, determine what grade you will need on your second exam. You will find it really does help for you to focus on your study needs more intensively.

## STEP SEVEN

Prepare a visual record of your progress and display it in a visible place. Many students do this by plotting their test results on a graph. Keeping such visual records accomplishes three things:

1. Serves as a daily reminder of your academic progress.
2. Makes your study activities more purposeful.
3. Identifies those courses in which you need to study harder.

## STEP EIGHT

Make a sincere effort to improve your study efficiency. Research has demonstrated that students receiving study skills instruction have improved their grade-point averages by about one-half letter grade.



- Procrastination is the intentional and habitual postponement of an important task that should be done now.
- Procrastination is a habit, and like all habits, it can be broken.
- Understand the cause for procrastination and develop strategies to fix it. Ask yourself if the procrastination is due to:
  - Unpleasant tasks
  - Overwhelming tasks
  - Lack of interest
  - Lack of motivation
  - Fear of failure
  - Perfectionism