



# **On Course**

## **Strategies for Creating Success in College and in Life**



### **Chapter 3**

**DISCOVERING SELF-MOTIVATION**

# CHOICES OF SUCCESSFUL STUDENTS DISCOVERING SELF-MOTIVATION

## Successful Students . . .

**create inner motivation**, providing themselves with the passion to persist toward their goals and dreams, despite all obstacles.

**design a compelling life plan**, complete with motivating goals and dreams.

**commit to their goals and dreams**, visualizing the successful creation of their ideal future.

## Struggling Students . . .

**have little sense of passion and drive**, often quitting when difficulties arise.

**tend to invent their lives as they live them.**

**wander aimlessly from one activity to another.**

## ***FACTORS AFFECTING SELF-MOTIVATION***

Self-motivation is greatest when two factors work together at high levels: **Value** and **Expectation**.

When either factor is low, our motivation is insufficient to overcome life's inevitable obstacles.

When both factors are high, even the biggest obstacles can't stop us!

# **SETTING GOALS**

"I'm going to improve my grades."

"By March 1<sup>st</sup>, I will have an 85 average in my Algebra class."

"I hate living in the dorms; I'll be glad when I can get out of here."

"By July 30<sup>th</sup>, I will have a lease in hand for my own apartment."

"I wish my kids would quit messing up their rooms."

"By October 1<sup>st</sup>, I will develop an 'inspection and reward' plan for my two kids."

# SETTING GOALS

**Dated:** Specific Deadline

**Ach** "By March 31<sup>st</sup> ..."

**Personal.** Yours because you want it

**Pos** "... I will have an 85..."

**Sp** "... I will submit resumes for three  
"jobs I would really like..."

increase my promotion chances..."

**This is the DAPPS Rule**

**Dated** **Achievable** **Personal** **Positive** **Specific**

## ***JOURNAL ENTRY 9: WARM-UP***

Practice writing goals in any of your life roles. If possible, have a peer review these and see if they can be improved to better fit the DAPPS rules. Now put them to work!

# ***EMPOWERING YOUR AFFIRMATION***

Come up with an affirmation, a short, personal-to-you phrase regarding positive qualities you possess, that you can then use to ward off any self doubt you may have that may steer you away from achieving your goals.

## **1. Repeat your affirmation.**

(Several times a day.)

## **2. Dispute your Inner Critic.**

(Remember a time when you demonstrated a quality in your affirmation.)

## **3. Align your words and deeds.**

(Each time your actions demonstrate a quality, you strengthen both the quality and your belief in possessing the qualities.)

# ***WISE CHOICES IN COLLEGE***

Take time to answer these questions to yourself.

- What is your level of motivation to do well in college? Be honest!
- How will learning effective study strategies increase your motivation?
- Knowing effective study strategies increases your expectations of success. (Remember,  $V \times E = M$ )



# ***KEY CHOICES FOR DISCOVERING SELF-MOTIVATION***



**Committing to  
Your Goals  
& Dreams**



**Designing a  
Compelling  
Life Plan**



**Creating  
Inner  
Motivation**

# ***TICKET OUT***

**What aspect of discovering self-motivation seems most challenging to you? Why?**

Contact any of the SSS mentors to collaborate on strategies to overcome these difficulties!

**“Nothing great was ever achieved without enthusiasm”  
Ralph Waldo Emerson**

**LET'S GET MOTIVATED!**