

Motivation Strategies

Set Smart Goals – Specific, Measurable, Action oriented, Realistic, Timely.

Develop a goal tree from graduation, each semester, each class, and each test.

- Think about why it's important to do well in college
- Remind yourself of you goals regularly

External Rewards – This is especially needed for subjects that are uninterested to you or hold little internal value.

- Reward yourself when you finish studying or feel you have mastered a topic
- Reward yourself for small accomplishments as well as large
- Get encouragement from coach, mentor or counselors

Task Value – Think of ways each task is of value to you and how it relates to your goals

- Find ways the task / material relates to your life
- Try to identify with the people who are interested in the material

Interest – Find a way to make the material more interesting

- Make up a study game
- Study with a partner

Help Seeking – Improve your study skills and your understanding of the material

- Study with a partner or study group
- Talk to the professor or TA
- Go to review sessions
- Find a good tutor and develop a relationship. See her regularly.
- Attend workshops
- Make an appointment with a Learning Strategies Counselor
- Copy success tricks from those who have gone before you.
- Ask the librarian for assistance

Environment Structuring – Set up your academic environment to reflect success.

- Sit with a book in a quiet room and a soft drink.
- Take 5 – 10 minute breaks at least once per hour so you don't burn out.
- Put up a "do not disturb" sign
- Make quiet time arrangements with living mates
- Study in the library
- Be accountable to someone i.e., coach, mentor, counselors, parent, boy/girlfriend, study buddy.

Attention – Study when your mind is the most focused

Self-Efficacy – Develop a more positive and accurate belief about your self-efficacy.

- Monitor your self-efficacy to help you recognize the effectiveness of your study strategies
- Guess what grade you will get on homework and quizzes
- Be prepared for the fact that effective studying takes a lot of time and effort.
- Don't be fooled by others who say it is easy. Just stick to your own game plan and don't compare yourself to others.

Attributions – Develop attributions that are in your control

- “I did well because I have the ability when I put in the effort”.
- “I did not do well because
 - I did not put in enough time studying”.
 - I didn't get tutoring early enough”.
 - I didn't use effective study methods and I need to see a counselor”.

Reduce Anxiety – Learn effective anxiety reducing techniques from a counselor or workshop.

Self-Worth – Appraise your self-worth accurately.

- Notice your failure avoiding behavior – i.e. procrastination, unattainable goals, doing the minimum.
- Understand that EVERYONE is capable of improving and succeeding.

Adapted from: Dembo, M. (2004). *Motivation and learning strategies for college success*. New Jersey: Lawrence Erlbaum Assoc., Inc

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