



## Motivation

Knowing how to do something means you have the skill, but getting something done also requires will—the motivation to carry out the skills.

Information in this power point is derived from *Learn How to Study and SOAR to Success* by Ken Kiewra, 2004.

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## Components of Motivation

Motivation or will comprises four factors (DIFS) :

- Desire
- Intention
- Focus
- Sustainment

You need all four to succeed.

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## Desire

- Desire can come from inside or outside.
- **Intrinsic** (internal) motivation stems from enjoying the activity.
- **Extrinsic** (outside or external) motivation stems from external rewards.
- Both kind of desire are powerful motivators.

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## Inside Motivation

### Intrinsic Motivation:

- Pursue goals and dreams that are enjoyable.
- Choose majors and courses that interest you.
- Do not spend too much time on pursuits that bring you little pleasure.
- Live the life you want to live and enjoy.

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## Outside Motivation

### Extrinsic Motivation:

- You're not going to love everything you do.
- Perhaps you can learn to like or appreciate what seems distasteful.
- Consider the benefit of what you are doing.
- Use rewards to create and maintain desire.

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## Make Goal Statements

- Goal statements express your desire
- Set challenging goals
- Set short-range and long-range goals:
  - Short-range goals should be the stepping stone for meeting long-range goals.
  - Long-range goals dictate or suggest your short-range goals.

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## Make Goal Statements

- Establish behavioral goals:
  - They are observable and measurable
  - Make them specific
  - Identify concrete activities and the products you'll produce.
  - Change your meager or vague goals to challenging and behavioral goals.
  - Post or share your goals

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## Goals continued

- Strengthen your intention
- Intention means planning to meet your goal.
- Plan to Succeed:
  - Don't be a pessimist
  - Plan to succeed not fail
  - Plan for it to take a while!
  - Plan to get started now!
  - Plan to invest time regularly

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## Focus Your Effort

• **Focus has two components:**  
**Hard Work and Staying on Track**

✓ Hard Work  
- Focused individuals work hard to follow their plans and reach their goals

Stay on Track

- Requires maximal time and effort
- Don't waste too much time doing things inconsistent with your goals.
- Check periodically to see if you are on track.
- You can pursue multiple goals , if they are compatible.

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### Staying on Track continued

- Sustain Your Effort
- Create good habits
- Confront Failure
- Frame your defeats and successes in positive ways
- Overcome Barriers

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### Showing Motivation if You Must Miss Class

- Ask the instructor for reading materials related to the class and if possible, let him/her know of your pending absence.
- Arrange for a friend to lend you detailed notes.
- Arrange for a friend to audiotape the class.
- Arrange for a friend to videotape the class.
- Ask fellow students questions about the class.

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