

Exercise 7: Ranking Motivators

The following is a list of aspects of college and career that tend to motivate people. Rank each motivator with a score of 1 to 5 in terms of its effect on you personally, where 1 means little or no motivation and 5 represents strong motivation.

_____ Learning

_____ Being Challenged

_____ Money

_____ Personal Growth

_____ Vacation/Leisure Time

_____ Attention from Others

_____ Power & Influence

_____ Independence

_____ Being Creative

_____ Health (Mental & Physical)

Now answer these questions to help you think about how your current math course is relevant to what motivates you.

1. Do you know your dream career? If so, what is it? _____

2. Why are you taking this course? (GE, required for major, to learn, etc.) _____

3. What grade do you want to earn in this class? _____

4. Is this class important for your major? _____

5. What challenges do you think you will have in being successful in this course?

6. What resources might ensure that you earn the grade you want? (tutoring, time, management, study group, office hours, etc.) _____

Exercise 8: Motivation Summary

Use the information from Exercise 7 to summarize what motivates you to be in college. What do you want out of college? Fill in the entire space with your answer. Don't just give one-word answers. Really reflect, and give full answers.

The Bottom Line

Using your previous answers, summarize your motivation and drive to succeed in college into one statement. It can be short if you want.

What is your personal definition of success? _____

Exercise 9: Making a “To Do” List

While creating a “To Do” list is fairly simple, there are a few tips that can help make it more effective:

- Put the most important tasks at the top of the list.
- Don’t bother to write down normal, expected activities like “go to class” or “soccer practice” here. The “To Do” list is used to remind you of things you might otherwise forget.
- Don’t overwhelm yourself with too many tasks. This is very important. A typical list should not have more than 5 to 7 tasks.

Keeping these tips in mind, use the blanks below to make a “To Do” list for tomorrow or for the rest of the week.

To Do for _____:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Exercise 10: Past Achievements

Another thing that can help motivate you is to reflect on your past achievements. Thinking about and writing down things that make you proud can remind you of your potential and make you want to reach higher. Take some time to think about the things you have done that make you proud. Write down at least three of these in the space provided. It can be any achievement, not just something from a math class. Recalling moments of triumph can remind you of what you are capable of and what your goals are.

1. _____

2. _____

3. _____

Do any of these achievements make you think of bigger things you might achieve?

Explain below. _____

Exercise 11: Goal Setting: Part I

Let's look at some questions that may help you set goals for your current math class.

1. How many weeks are left in the semester? _____
2. How many math tests do you have to take between now and the final? Do you know the dates for these tests? If so, list them. _____

Now let's generate some well-worded and meaningful goals.

Short-Term Goals: Write down three short-term goals for this week. Make sure the goals are **ACHIEVABLE**, **SPECIFIC**, and **TIMELY**. Include a deadline. Two of them should be about your math class. The third can be educational or personal.

1. _____
2. _____
3. _____

Mid-Term Goals: Write down two mid-term goals for the next few weeks or months. At least one of the goals should be educational; the other can be personal. If you are just starting with goal setting, take some time to think about what these should be and how you can word them to ensure your success.

1. _____

Long-Term Goals: Write down at least one long-term goal for the next year, or five years, or life. If you don't know your career goal or long-term educational goal you can write a personal goal.

1. _____

Exercise 12: Goal Setting: Part II

1. Looking at your short-term and mid-term goals from the last exercise, what obstacles do you expect to meet in your path to success?

2. In the list that follows, circle the resources or techniques you think you can use to overcome these obstacles:

Tutoring

Note-Taking

MathXL/MyMathLab

Organization

Beating Math Anxiety

Memory

Better Test Prep

Study Groups

Test-Taking

Homework Skills

Time Management

Using a Textbook

Any others? _____

Courtesy of:

Bass, A. (2013). Motivation and achieving goals. In *Math study skills* (2nd ed., pp. 17-26). Boston, MA: Pearson.