Check Me Out:  
**Motivation**  

My personal definition of motivation is: ____________________  
_________________________________  
_________________________________  

I rely mostly on intrinsic or extrinsic motivation. (circle one)  

When pushing towards a goal, I remain motivated by ___________  
_________________________________  

In my courses:  
I am motivated to succeed because  
_________________________________  

I am motivated to learn, despite relation to my major/ interests.  
____ YES   ____ NO  

I can motivate myself even in courses I find disinteresting.  
____ YES   ____ NO  

I become easily discouraged when a goal does not turn out as I expected.  
____ YES   ____ NO  

I have learned to or plan to combat this discouragement by ___________  
_________________________________  

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I have learned to or plan to combat this discouragement by ___________  
_________________________________
I am willing to create goals for myself.  
____ YES   ____ NO

I have made goals for myself.  
____ YES   ____ NO

Answer the following questions for one of your current courses.  
What do I want to achieve through this course?  
_________________________________  
_________________________________

What sources will I use to do so?  
_________________________________

What is my level of motivation for succeeding in this class (low, medium, high)?  
_________________________________

What are my semester goals for the course?  
_________________________________  
_________________________________

If the result is different than I expected, what is my back-up plan?  
_________________________________

When was a time that I was forced to reevaluate a goal? Did I follow through with this goal?  
_________________________________  
_________________________________