

## What is Your Motivation?

*There are three things to remember about education. The first is motivation. The second is motivation. The third is motivation. - Terrell Bell, former U.S. Secretary of Education*

### Creating Inner Motivation

Recently, two extensive surveys asked college and university educators to rank factors that hinder student's success and persistence. In both surveys, educators identified **lack of motivation** as the number one barrier to student success.

Lack of motivation has various symptoms: students arriving late to class or being absent, assignments turned in late or not at all, work done superficially or sloppily, appointments missed, offers of support ignored and students not participating in class discussions or activities, to name just a few. But the most glaring symptom of all is the enormous number of students who vanish from college within their first year. In the public two-year colleges, nearly *half* of first year students don't make it to the second year. Despite these grim statistics, **you** can be among those who stay and thrive in higher education!

Mohandas Gandhi said, "You are the change you wish to see in the world." In other words, if you want to experience fun, *be* fun. If you want to experience total engagement, be totally engaged. German Philosopher Friedrich Nietzsche once said, "He who has a why to live can endure almost any how." He affirms that few obstacles can stop us when we understand the personal value we place on the outcomes and experiences of our journey. Discover your own motivation and your chances for success soar!

### One Student's Desired Outcomes

Desired Outcomes	Value
Earn a grade point average (GPA) of 3.8 or better and make the dean's list this semester.	A high GPA will look great on my transcript when I apply to transfer or for a job. Also, it will give me a real boost of self-confidence.
In my English class, write at least one essay that contains no more than two nonstandard grammar errors.	I want to be able to write anything without worrying that someone who reads it will think I'm stupid or illiterate.
Get an A in my accounting class.	I want a career in accounting, so doing well in this course is the first step toward success in my profession.
Make three or more new friends.	My friends from high school all went to other colleges or they're working. I want to make new friends here so I'll have people to hang out with and have fun on weekends.

**Journal Entry 1:** Fill in three or more of your own desired outcomes for this course and/or this semester. Next to each, explain why you value achieving that outcome.

"Outcomes" are those things you will take away with you at the end of the semester (such as a grade or something you learned). At this point you don't have to know HOW you will achieve these outcomes; you only need to know WHAT you want and WHY.

Remember, to dive deep. When you explore your motivation at a deep level, you improve your chances of having an important insight that can change your life for the better. So dive deep and discover what really motivates you.

Desired Outcomes	Value