

Center for Academic Success and Achievement

It is so tempting to blame your motivation on others, a boring professor, your roommate who parties too much, or your lack of sleep, but the truth is you are responsible for your own motivation. Believe it or not you are always motivated to do something, that something might be laying on the couch bingeing Netflix or excessive social media scrolling, the point is you are motivated to do it. The key to college is being motivated to do that right things at the right time.

Think About Your Goals

"I want to get an A in calculus" is a lot like saying "I want to be a better person" Of course you do, but how are you going to get there. Try to think of smaller steps and turn those into goals, these are called process goals and can be very helpful. For example, "I will attend tutoring every Wednesday at 4pm" or "When my sister calls I will answer, rather than waiting for her to leave a message so I can see what she wants first". Your goals should always be specific, measurable, realistic, and flexible.

Break Big As

