

**LWTC's TRiO Student Support Services Presents:**

---

# How Do I Stay Motivated?



<http://www.free-daily-motivational-self-improvement.com/images/people-ladder.jpg>

## **Achieving Excellence Together**

Lake Washington Institute of Technology  
TRiO Projects  
11605 132nd Ave NE W-207  
Kirkland, WA 98034

Phone: 425-739-8361  
Fax: 425-739-8275  
Website: <http://www.lwtech.edu/trio>

# Motivation Table of Contents

---

Motivation Assessment	1
Motivation	3
Motivation and Attitude	4
Three Elements of Motivation	5
Seven Steps to Improve Self Motivation	6
Ten Terrific Self Motivation Tips	7

# What's Your Motivation Style?

By Marcia L. Conner

Motivation is the force that draws you to move toward something. It can come from a desire or a curiosity within you or can be from an external force urging you on. In either case, you make the decision to seize or to skip a chance to learn. Motivation styles vary for different situations and topics but nonetheless, you draw on them all the time, especially when you try to learn something challenging. If you can recognize your predominant motivational style, you can identify the situations that best satisfy your needs. Likewise, you can't motivate anyone else. All you can do is invite them to learn.

Take a few minutes to complete the following questionnaire assessing your preferred motivation style. Begin by reading the words in the left-hand column. Of the three responses to the right, circle the one that best characterizes you, answering as honestly as possible with the description that applies to you now. Count the number of circled items and write your total at the bottom of each column. These questions have no right or wrong answers. Your response offers insight about how you're motivated to learn.

<b>1. I'm proud when I...</b>	Get things done.	Help other people.	Think things through.
<b>2. I mostly think about...</b>	What's next.	People.	Ideas.
<b>3. To relax, I tend to...</b>	Do whatever it takes to accomplish relaxation.	Hang out and talk with friends.	Read or surf the web to learn new things.
<b>4. I like to do things...</b>	Now or on a schedule.	When it works for everyone.	When it feels right to me.
<b>5. When online, I like to...</b>	Search and retrieve.	Write emails, instant message, or chat.	Look around and linger.
<b>6. Projects should be...</b>	Finished on time.	Done in groups.	Meaningful to me.
<b>7. In school, I liked to...</b>	Ask constant questions.	Make friends.	Explore.
<b>8. Schedules...</b>	Keep order.	Help coordinate people.	Are a useful tool.
<b>9. I like to be recognized for...</b>	Being organized, neat, productive, efficient, and punctual.	Noticing other people, being kind, fair, thoughtful, and considerate.	Being clever and smart, making discoveries, and solving problems.
<b>10. In terms of completing things...</b>	I finish what I start.	I like to enlist the help of other people.	I believe that life is a journey, not a destination.
<b>Total</b>	Goal:	Relationship:	Learning:

The column with the highest total represents your primary motivation style. The column with the second-highest total is your secondary motivation style. You're likely to be motivated most in one area, with some overlap in a second area.

Your primary motivation style: \_\_\_\_\_

Your secondary motivation style: \_\_\_\_\_

If you're **goal-oriented**, you'll probably reach for your goals through a direct and obvious route. This might lead you to a reference book, your computer, or to call an expert—whatever means is available. You usually prefer meeting in-person when it's the most effective method and don't find learning, itself, much fun.

If you're **relationship-oriented**, you take part in learning mainly for social contact. When you meet and interact with people, you learn things along the way. You may not like working independently or focusing on topics (separately from the people) because that doesn't give you the interactivity you crave.

If you're **learning-oriented**, the practice of learning, itself, drives you. You search for knowledge for its own sake and may become frustrated by anything that requires you to spend more time on procedure and process than on actual learning.

There is also a fourth motivation style that I haven't yet addressed, primarily because it's far less common than the other three styles and because you might not think of it as a motivation style at all. That style is **thrill-oriented**, drawn not to any particular thing but, rather, away from anything that people perceive as tying them down, bounding them, or pulling them in any predictable direction. This isn't to say that thrill-oriented learners can't acquire goals, relationships, or curiosity, but if any of these feel too time-consuming, invasive, or binding, the learner becomes restless and perhaps experiences a compulsion to go in another direction—any other direction—to feel free. If you're thrill-oriented, you're likely to be impulsive and you want to remain impulsive; you seek out thrills and flee anything that doesn't offer you that sensation. All of us at one time or another feel impulsive or have an urge to do something else, but we usually moderate these urges when they come, instead of always following where they lead.

**More information on each style, along with suggestions on how to maximize your motivation, is available in the book *Learn More Now* (Hoboken, NJ; John Wiley & Sons, 2004).**

---

This assessment was published in *Learn More Now: 10 Simple Steps to Learning Better, Smarter, and Faster* (Hoboken, NJ; John Wiley & Sons, March 2004). Learn about the book at and read an excerpt at <http://marciaconner.com/learnmorenow/>. Join the Ageless Learner mailing list to receive information about issues related to assessments and learning across the lifespan at <http://agelesslearner.com/joinus.html>.

If you're interested in reproducing this assessment for personal or organizational uses, please abide by the following terms of use. This content may be distributed freely without the author's permission provided that 1) the content, contact, and copyright notice remain intact, 2) the URL to the online version appears on every page, 3) you do not charge any fee for its use, 4) you send a note about how, where, and when the content will be used to [copyright@agelesslearner.com](mailto:copyright@agelesslearner.com) for tracking purposes. If you're interested in using the materials in a commercial or for-fee product, or on a web page, contact the author first to learn about additional guidelines.

# Motivation

Ask any person who is successful in whatever he or she is doing what motivates him/her, and very likely the answer will be "goals". Goal Setting is extremely important to motivation and success. So what motivates you? Why are you in college? If you are in college because your parents want you to be or because you were laid off or your spouse wants you to be here, you probably won't be as motivated to be here. Sure, it's possible to succeed with someone else providing the motivation for you, but **motivation that comes from within really makes the difference.**

Certainly, you need some intelligence, knowledge base, study skills, and time management skills, but if you don't have motivation, you won't get far. Think about this analogy. You have a car with a full tank of gas, a well-tuned engine, good set of tires, quadraphonic CD system, and a sleek, polished exterior. There it sits. This car has incredible potential. (Have you heard that before?) However, until a driver sits behind the wheel, puts the key in the ignition, and cranks it up, the car doesn't function. You guessed it; the KEY is MOTIVATION.

Interest is an important motivator for a student. So is a desire to learn. When you link these two things together, you create success. Often success in an endeavor leads to more interest and a greater desire to learn, creating an upward spiral of motivation toward a goal you have established.

So be honest with yourself. Are you genuinely interested in being in college? Have you set realistic goals for yourself? How can you develop the internal motivation that really counts? When it comes to motivation, **KNOWING** is not as important as **DOING**.

*Adapted from the University of Minnesota Duluth*

<http://www.d.umn.edu/kmc/student/loon/acad/strat/motivate.html>

## Motivation and Attitude

Too tired to do anything?



Sometimes you may feel overwhelmingly tired. So take care of yourself and take some time out. Especially, at the beginning of the quarter, you will notice an adjustment period, during which you will require more sleep. It is not uncommon to sleep 12 hours straight until you are back into the rhythm of heavy brainwork.

However, if you generally can't get yourself started on your assignments and homework, then you may have an overall motivational problem. During the demanding times, it is the end goal, e.g. your chosen career that keeps us motivated to put forth the required effort. If that end goal is not clear, then it is hard to exert the effort. The key element here is that the end goal has to be **YOUR** goal -- not your parents' or spouse, or what you think others might expect from you. You have to want it.

Also, remember that the way you approach studying and preparation for classes and tests are habits. If you have never really done any school work outside of the regular class time, then you may have to work very hard at developing new habits. Theories on the nature of change have shown that change is accomplished through different stages and may not be as easy as it seems, often requiring outside help. **Take small steps; set short-term achievable goals, and reward yourself when you accomplish these goals.**

*Reference: Maxwell, M. (1997). Chapter 10: Building study Skills. In M. Maxwell (ed.) Improving student learning skills: A new edition (pp.241-263). Clearwater, FL: H&H Publishing Company Inc.*

<http://selkirk.ca/services/student-support/learning-success-centre/motivation-and-attitude/>

# Three Elements of Motivation



Motivation starts with the desire to be free, to be free from dependency on others, freedom to live the lifestyle we dream of, freedom to explore our ideas. Total freedom is not possible or desirable, but the struggle to achieve that ideal is the basis for motivation.

Motivation is built on three basic elements:

1. Motivation starts with a need, vision, dream or desire to achieve the seemingly impossible. Creativity is associated with ideas, projects and goals, which can be considered a path to freedom.
2. Develop a love-to-learn, become involved with risky ventures and continually seek new opportunities. Success is based on learning what works and does not work.
3. Developing the ability to overcome barriers and to bounce back from discouragement or failure. Achievers learn to tolerate the agony of failure. In any worthwhile endeavor, barriers and failure will be there. Bouncing back requires creative thinking as it is a learning process. In addition, bouncing back requires starting again at square one.

A loss of any one part and motivation is on the rocks. For example:

1. If you like to be creative and love to learn but cannot face up to failure, you will not go back and try again. Persistent is associated with bouncing back.
2. If you have a unique idea but don't like taking risks, ideas are all you will ever have.
3. There must be something in your life that turns you on. You can start by analyzing the lifestyle of your dreams. Remember, money is not a goal; it is a reward for achieving a goal.

Copyright 2000 by Robert L. Webb  
Goose Creek, South Carolina 29445 USA

[http://www.motivation-tools.com/elements/three\\_elements.htm](http://www.motivation-tools.com/elements/three_elements.htm)

## 7 Steps To Improve Self-Motivation

Sunday, August 05, 2007

You can list down as many dreams as you can! You may be dreaming of fulfilling your greatest desire, getting the best education that can be obtained by money, or buying the car of your dreams.

However, all will be futile if you cannot push yourself to strive hard to succeed in your goals.

Motivation is an integral element in becoming successful in any undertaking.

Here are helpful tips in improving self-motivation:

### **1. Be health conscious.**

Self-motivation will be at its all time high if you see to it that you get sufficient sleep, eat healthy foods, and have regular exercise. It is easier to perform your tasks if you are feeling vibrant and healthy.

### **2. Make your plan of action.**

Spend some time writing down things that you like to do. Set your course of action. Identify which is most important.

### **3. Practice the 15-minute time rule.**

Give yourself a fifteen-minute time limit with a timer. You can have the option to stop when the timer sets off. Slowly, you will realize that you are beginning to develop an interest in the task when the time is consumed.

### **4. Discover your “peak hours.”**

Ask yourself: Am I a morning or afternoon person? Find out the time of the day where is you are most energetic. Do you have more energy during the morning? Then it would be advisable for you to take jobs that require more energy during the morning. Late afternoon hours should be reserved for jobs that require less thinking. If you have more energy during the evening, you can seek profitable work that will match your enthusiasm.

### **5. Stop being a perfectionist.**

Aim for work accomplishment and not perfection. Striving for perfection may lead to procrastination. There is a tendency for you not to do the job because you have the feeling that you will not do a perfect job. Accept the fact that no person is perfect and this will motivate you.

### **6. Break down the task into smaller components.**

You can be motivated if you do your task one step at a time.

### **7. At all times, see to it that you always pump yourself up.**

Give yourself enough time to motivate yourself. Cheer yourself up and be confident that you can accomplish your goal. It is always important to think positively about yourself.

So if you simply don't have too much resolve to pump yourself and get motivated, follow these seven simple steps and get yourself going!

by Jeff Cohen

<http://enlightening-village.blogspot.com/2007/08/7-steps-to-improve-self-motivation.html>



# 10 Terrific Self Motivating Tips

By Mike Moore

No one can motivate anyone to do anything. All a person can do for another is provide them with incentives to motivate themselves. Here are ten very effective strategies to help you get up and get moving toward actualizing your enormous, untapped potential.

- Be willing to leave your comfort zone. The greatest barrier to achieving your potential is your comfort zone. Great things happen when you make friends with your discomfort zone.
- Don't be afraid to make mistakes. Wisdom helps us avoid making mistakes and comes from making a million of them.
- Don't indulge in self-limiting thinking. Think empowering, expansive thoughts.
- Choose to be happy. Happy people are easily motivated. Happiness is your birthright so don't settle for anything else.
- Spend at least one hour a day in self-development. Read good books or listen to inspiring tapes. Driving to and from work provides an excellent opportunity to listen to self-improvement tapes.
- Train yourself to finish what you start. So many of us become scattered as we try to accomplish a task. Finish one task before you begin another.
- Live fully in the present moment. When you live in the past or the future you aren't able to make things happen in the present.
- Commit yourself to happiness and positive thinking.
- Never quit when you experience a setback or frustration. Success could be just around the corner.
- Dare to dream big dreams. If there is anything to the law of expectation then we are moving in the direction of our dreams, goals and expectations.

The real tragedy in life is not in how much we suffer, but rather in how much we miss, so don't miss a thing.

Charles Dubois once said, "We must be prepared, at any moment, to sacrifice who we are for who we are capable of becoming."

<http://www.topachievement.com/mikemoore.html>