

Motivation Checklist

Having an open, honest conversation with your student can help pinpoint their source of motivation. If you sense that your student is having a difficult time with motivation, using this checklist could help identify some of the issues your student is confronting:

1. Student expresses a preference for something other than this university:
 - Prefers not to go to college
 - Would rather attend a different college
 - Prefers a different kind of training

2. Student views college as a means to ends other than learning:
 - To avoid getting a job
 - To find a mate
 - To have a good time
 - To get away from home
 - To prove self-worth

3. Student reveals personal problems that are distracting:
 - Conflict with same/opposite sex
 - Conflict with family
 - Lack of confidence/insecurity
 - Loneliness
 - Resistance to college
 - Difficulty in making decisions
 - Overuse of drugs and/or alcohol

4. Student exhibits a lack of interest:
 - Undefined vocational goals
 - Undefined educational goals
 - Course material is not valued
 - Interest in school/studying is not the "in" thing among friends

5. Student displays self-defeating behavior patterns:
 - Excessive dependence on parents or others
 - Fear as a motivator
 - Parents as motivators
 - Reliance on high school study habits

Adapted from <http://www.ucc.vt.edu/stdysk/motivate>

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