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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