

Motivation

Plan and execute your goals to achieve them:

- Types of motivation:

Intrinsic—doing things because they give you personal satisfaction.

Extrinsic—doing things because of potential repercussions.

- **Locus of Control.** Some believe they are the “masters of their own destiny” while others believe they are the “victims of circumstance.” Locus means location. If you have an **internal** locus of control then you believe your decisions create an outcome. Research shows that individuals with a strong **internal** locus of control tend to be happier.

- **Self-determination Theory.** To maintain motivation, individuals must feel: competent in their skills, connected to others who will support them, and in charge of their behaviors and goals.



COD TUTORING SERVICES

LEARNING COMMONS: ONE-STOP ACADEMIC SUPPORT CENTER

(630) 942-3686

Motivation Apps

Download from iTunes or Google Play.



**Think Up:
Positive
Affirmations**

Techniques to inspire positive affirmations and self-talk.



Habit Tracker

Track, identify, and change your habits.

COD Resources:

Learning Commons

Student Resource Center (SRC), Room 2102
(630) 942-3940

Counseling and Advising Services

Student Services Center (SSC), Room 3200
(630) 942-2259

Boost Motivation

Strategies to Motivate Yourself



Establish long-term goals that cover a period of at least six months to a year. Then create short-term goals that move you toward the long-term goals.



Each day take action to move towards your goals.



If a goal seems overwhelming, think of it as a series of steps. Identify the steps to reach the goal.



If you are having difficulty, ask yourself: Is this goal still relevant? Are other goals more important?



Plan a reward for when you reach the goal.



Be responsible. You're in charge of meeting obligations and making decisions to move toward goals.



Create positive affirmations. Ex: "I complete my work on time," not "I will never turn in a paper late again."