



Motivation Checklist

The following checklist may prove helpful in getting at the sources of poor motivation. If you want to improve your motivation you may want to choose a self-directed improvement program or use the information as a focus for counseling.

1. Really preferring something other than attending this university:

- Would prefer not to go to college.
- Would rather attend another college.
- Would prefer a different kind of training.

2. College as 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. Distracting personal problems:

- Conflict with same sex
- Conflict with opposite sex
- Conflict with parents
- Lack of confidence
- Undefined resistance to college
- Angry at the world
- Overuse of drugs or alcohol
- Fear of evaluation
- Difficulty in making decisions
- Lack of financial resources
- Phobias and other anxieties
- Insecurity
- Loneliness

4. Lack of interest

- Undefined vocational goals
- Undefined educational goals
- Course material is not what I think is important
- Interest in school is not the "in" thing among my friends.

5. Continuing self-defeating behavior patterns:

- Excessive dependence on parents or others
- Fear as a motivator
- Parents as motivators
- Grades or academic achievement as motivator
- High school habits