## **Discussion Forum: Motivation (10 min)**

Yes, I have cases of lack of motivation. When I was attending sfu my major was business, when I knew almost nothing about this major, during my studies I constantly questioned my need to study this major, even though I wasn't bad at math, when I took courses related to accounting and math I would constantly self-doubt the purpose of studying this course, I thought for sure I wouldn't be able to go into a job similar to that of an accountant and furthermore began to question the relevance of the major and the job. Obviously I ended up giving up on my studies at sfu.

As I learned in the Motivation Lecture: 'THE CHALLENGE of postsecondary education often puts self-esteem at risk.' My self-esteem was eroded in the process. , is that I reduced the likelihood of taking risks, creating a vision of the future and achieving my goals.

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