



Name: Vishal Salvi
UID: 2019230069

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Understanding Motivation

1. What is the value of a college education for you?

Ans.

1. College education tends to give me greater knowledge as well as skills and this will increase their levels of understanding of new developments in their chosen field.
2. Another value of college education is that it develops a person's ability to think abstractly and critically as well as improves their ability to express their thoughts clearly.
3. It is also widely believed that a college education helps me to become responsible citizens by giving a greater understanding of community, country as well as global issues.

2. Answer the following questions: If you have chosen a major, why is it the best major for you? What are some steps in choosing the right major and career?

Ans.

1. Having a computing major will provide you with a foundation of knowledge, problem solving, and logical thinking that will serve as a competitive advantage to you in your career, in whatever field you choose.
2. To choose the right major and career, one must ask themselves what are they interested in and what are they capable of doing well. Many times, people think they should pursue a field simply because they are interested in it.
3. If you're not sure what you're passionate about, look at what you're good at. We often get excited about the things we are good at and are good at the stuff we get excited about because we spend a lot of time doing them and thinking about them.

Step 1: Identify your objectives and values.

Step 2: Research on career outlook in areas you're thinking of exploring. Or you can just look at various occupations and pay close attention to patterns and potential future trends

Step 3: Evaluate and Make Your Major Decision. It's time to put together the information you have collected.

Step 4: Gain work/life experience.

Step 5: Ask others

Step 6: At the very least, do something that is somewhat enjoyable for you and take action.

3. What techniques can help you to be more motivated and to study more efficiently?

1. Go for a walk outside.
2. Determine your learning style.
3. Search for a productive place to study.
4. Do your own research.
5. Commit to one single task, and write it down.
6. Set rewards for yourself.
7. Clear your workspace to neutral.

Make yourself sit down and work even if this is for just 20 minutes. See starting as a parallel process like a plane on a runway. You may start slow but you will still take off! Ask yourself 'how much can I achieve in the next 2 hours?' instead of 'Can I complete all tasks?' In this way you do not get as easily overwhelmed by the volume of study you need to do.

Combine this with a dose of self-discipline, healthy study habits built up over a period of time, and a well-designed study space conducive to success, and I don't find it too difficult to feel motivated to get work done

4. What are your intrinsic motivations for going to college? Remember that intrinsic motivators are those that you do because you enjoy them or they are personally meaningful. What are your extrinsic motivations for going to college? Remember that extrinsic motivators are external rewards from someone.

Ans.

1. Working in a team because I enjoy collaboration & Learning about personal development which improve myself, pursue non-academic activities like sports and cultural are my intrinsic motivations
2. Extrinsic motivation is Studying to get a good grade.

5. What are some positive rewards that you can give yourself for studying? Remember that good rewards do not have too many calories, don't cost too much money?

Ans.

1. Watching movie or series
2. Playing games
3. Reading Books
4. Cooking
5. Go out with friends and relax

6. How can you keep yourself self-motivated to make sure that you complete your educational goals and overcome barriers to achieve your dreams and successful future?

Ans.

1. First calculate the least time it would take and then break it into periods like months or weeks or days. Insert a blank day after each period. Each period with one blank day is your one cycle.
2. All you have to do is to assign some marks/points to these individual tasks. Suppose if I completed my task no. 1 of learning 10 new words, I'll award myself 5 points and if instead of 10 words you only manage to learn 6 on a particular day then award yourself only 3 points.
3. After every cycle total up all your points. Pre-decide if you achieve certain percentage of points you will treat yourself. Like if you achieve 70% of the total assigned points

7. How can you use the concept of locus of control to improve your chances of success in college?

Ans.

Your locus of control can have a major impact on your life, from how you cope with stress to your motivation to take charge of your life. In many cases, having an internal locus of control can be a good thing. It means that you believe that your own actions have an impact. If you tend to have more of an external locus of control, you might find it helpful to start actively trying to change how you view situations and events.