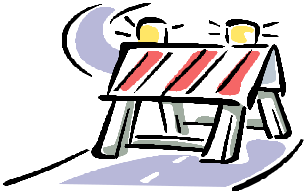


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**Roadblocks and Pathways to stay motivated**

**You as Students come to college with a dream of making a better future for themselves. What is your dream? Place a checkmark next to any item that could be a roadblock for staying motivated to your success in college.**

|  |  |  |
| --- | --- | --- |
| **\_✓\_Too much work** | **\_\_\_Family obligations** | **\_\_\_Lack of study skills** |
| **\_\_\_Financial difficulties** | **\_\_\_Social life** | **\_✓\_Using time wisely** |
| **\_\_\_Lack of confidence** | **\_✓\_Computer games** | **\_\_\_Speaking in class** |
| **\_\_\_Difficulty with reading** | **\_✓\_Social media** | **\_\_\_Negative thinking** |
| **\_\_\_Difficulty with writing** | **\_✓\_Phone use and texting** | **\_\_\_Lack of motivation** |
| **\_\_\_Difficulty with math** | **\_\_\_Lack of career goals** | **\_\_\_Learning disabilities** |
| **\_\_\_Difficulty with tests** | **\_✓\_Dislike of homework** | **\_✓\_Lack of persistence** |
| **\_\_\_Difficulty with memory** | **\_\_\_Dislike of school** | **\_\_\_Health problems** |

**List any other roadblocks in addition to the items checked above:**

1. No Clear vision
2. Fear of Failure
3. No action plan
4. Learn from my mistakes
5. Making excuses

**What are your top three roadblocks?**

1. Too much work
2. Social Media
3. Reading
4. Games

**Skimming through the contents in motivation theories and find ideas that will help you overcome any roadblocks to your success. List 5 factors from this topic that can help you to be successful in college.**

1. Planning also gives insight into additional resources you may need to overcome roadblocks
2. Identify the details of the problem
3. Adding the word YET. I’m not a good at coding YET!!
4. Gain proper perspective on the situation
5. Take Small Steps

**What are other resources that can help you to overcome your roadblocks? (tutoring, financial aid, advising, family support )**

A poor mindset or attitude can be as limiting a roadblock as lack of money or time.

**Recognize the Negativity:**

Self-doubt is common. In fact, it’s not even an entirely bad thing, because it can temper ego and hubris. However, it can also cause inaction, worsen fear, and lead a promising entrepreneur to give up before even getting started. Recognizing these negative thoughts is the key to overcoming them, because it allows you to reason them away.

**Do more with less**Frequently, organizations reduce staffing to minimum levels and expect employees to produce the same level of output.

This “do more with less” approach burns people out so that they do not have the energy to attack improvement with the level of enthusiasm that is needed.

**Talk to Others:**

Sometimes we can’t help but see nothing but the bad in ourselves. That makes hyping ourselves up difficult. If you find yourself fighting against your own mind and attitude, try talking to others. Friends and family can provide more positive viewpoints about your abilities. In addition, talk to other entrepreneurs. They can provide advice on overcoming negativity and more.

**Success:**

The success may be a result of a lack of competition or a limited market advantage. If the company does not start making improvements now, it could be left behind when the environment changes and the company cannot match the competition.