

Achievement Motivation Inventory (A.M.I)

Instructions: This form has 32 statements, please read each statements carefully and **then** indicates your opinion on each statement by putting (√) in the spaces provided beside it. Please put (√) in only one column for each statement. You can give your opinions according to the following scale: **Completely Agree (C.A.)**, **Mostly Agree (M.A.)**, **Agree to some extent (A.S.E.)**, **mostly disagree (M.D.)**, and **completely disagree (C.D.)**

No	Statements	C.A	M.A	A.S.E	M.D	C.D
1	I feel I am a lazy person					√
2	Days often go by without me having done a thing				√	
3	I like reading the biography of great people in order to learn how they overcome hurdles and achieved great things in life		√			
4	I plan ahead what subjects to study during my free time				√	
5	When I come to know that somebody like me, have achieved something great, I am motivated to do the something in a better way.		√			
6	Most people who know me say that I am hard working and ambitious.			√		
7	I go on postponing what I should be studying today.		√			
8	I take a lot of time to get started to the task of study		√			
9	Most evenings I kick back and relax rather than prepare for the next day's school work	√				
10	Sometimes, I forget to do my homework				√	
11	I never leave a task/assignment, I start unfinished	√				
12	I enjoy working with people who score at my level or lower, rather than with those who are smarter and more hardworking than me.		√			
13	I dislike failing in my school examinations due to unpreparedness	√				
14	I always work very hard to be among the best students in my school.	√				
15	I find myself just taking life as it comes without planning					√
16	I aim at reaching the highest level in Education.	√				
17	When I grow up, I want to do something which others have not done		√			

18	I am basically a competitive person and I compete just for the sake of competing			√		
19	I believe that success in life has less to do with hard work and more to do with luck and being in the right place at the right time.			√		
20	I enjoy reading all kinds of books including those that are not part of our school syllabus.		√			
21	I enjoy reading all kinds of books including those that are not part of our school syllabus.		√			
22	I prefer to use my time for doing something else rather than trying to perfect something that I have already completed.	√				
23	I enjoy spending most of my time alone concentrating on my school work				√	
24	I always try to stand out from the rest of my class in oneway or the other		√			
25	I will go ahead with my plans only if I am sure that other people will approve of it.					√
26	I get restless and annoyed when I feel I am wasting time	√				
27	It is not a good idea to be always above others in achievement, because that may make them feel bad about themselves				√	
28	I like to be the best student in my class.	√				
29	I enjoy finishing my school assignments even when they are difficult and time consuming			√		
30	I enjoy making friends with the most intelligent student in my class so as to keep up my standards of performances.			√		
31	I like when people say in front of others that I am doing well in school			√		
32	would like to deal with difficult situations, so that the blame or praise for its results come to me alone.				√	

Final Score: 114

Achievement Motivation Inventory (A.M.I)

- The scale has 32 items in total where 18 items were positively worded and 14 are negatively worded.
- Items with positive and negative wording were arranged randomly in the final scale.
- The responses to the items were marked at a five point Likert format.
- The points are completely agree, mostly agree, agree to some extent, mostly disagree and completely disagree.
- The serial numbers of the items with positive wording are the following. 3, 4, 5, 6, 11, 13, 14, 16, 17, 20, 23, 24, 26, 28, 29, 30, 31, 32. The scoring for positively worded items weights given to these responses were 5,4,3,2 and 1 respectively. Mark for positively worded words:
 - C.A- 5
 - M.A-4,
 - ASE-3,
 - M.D-2,
 - C.D-1
- The serial number of items with negative wordings are: 1, 2, 7, 8, 9, 10, 12, 15, 18, 19, 21, 22, 25 and 27. The scoring weights for a negatively worded items given to these responses were 1,2,3,4 and 5 respectively. Mark for negatively worded words
 - C.A- 1
 - M.A-2
 - ASE-3
 - M.D-4
 - C.D-5
- This scoring scheme ensured that higher scores higher levels of achievement motivation and lower scores indicate low levels of achievement motivation.

Score Interpretation

Score	Interpretation
160 to 121	You are excellent at planning, prioritizing, and getting the right things done! You make a conscious effort to stay self-motivated and focused, spending significant time and effort on setting goals and achieving them. You inspire others with your perseverance, self-discipline, and great results, with continued success anticipated in your future. Be aware that not everyone is as self-motivated as you are, and you may need to exercise patience and understanding with others.
120 To 70	You're doing fairly well with your level of self-motivation; however, it appears you could be achieving greater results. To attain more of what you desire, consciously try to increase your level of initiative when setting challenging goals by intently focusing on what you want and following a defined action plan for accomplishing it.
Below 70	You likely allow your personal doubts and/or fears to keep you from succeeding at times. You may not believe in your own skills, abilities and talents, which may have caused a lack of self-confidence and/or self-esteem. Start by setting small goals that with hard work, you know you can attain. Once you've achieved a few successes, reward yourself and celebrate these achievements. As you begin to gradually increase your level of stretch in your goals, be sure to build a strong, positive support system around you who can help you stay focused and determined.

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.

- | | | |
|---|---|---|
| <input type="checkbox"/> Too much work | <input type="checkbox"/> Family obligations | <input type="checkbox"/> Lack of study skills |
| <input type="checkbox"/> Financial difficulties | <input type="checkbox"/> Social life | <input checked="" type="checkbox"/> Using time wisely |
| <input type="checkbox"/> Lack of confidence | <input checked="" type="checkbox"/> Computer games | <input type="checkbox"/> Speaking in class |
| <input type="checkbox"/> Difficulty with reading | <input checked="" type="checkbox"/> Social media | <input type="checkbox"/> Negative thinking |
| <input type="checkbox"/> Difficulty with writing | <input checked="" type="checkbox"/> Phone use and texting | <input type="checkbox"/> Lack of motivation |
| <input checked="" type="checkbox"/> Difficulty with math | <input type="checkbox"/> Lack of career goals | <input type="checkbox"/> Learning disabilities |
| <input checked="" type="checkbox"/> Difficulty with tests | <input type="checkbox"/> Dislike of homework | <input checked="" type="checkbox"/> Lack of persistence |
| <input type="checkbox"/> Difficulty with memory | <input type="checkbox"/> Dislike of school | <input type="checkbox"/> Health problems |

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

1. **Attitude-related issues:** Dislike of homework, dislike of school
2. **Career-related concerns:** Lack of career goals
3. **Health and learning challenges:** Health problems, learning disabilities
4. **Communication challenges:** Speaking in class

What are your top three roadblocks?

1. **Lack of planning skills:** I haven't developed effective planning strategies, making it hard to juggle multiple deadlines and commitments.
2. **Social media and phone use:** I find myself constantly checking my phone and scrolling through social media. It's hard to resist the urge to see what's happening online, even when I should be studying. This habit is eating into my productive time and making it difficult to concentrate on my coursework.
3. **Difficulty with tests:** I often feel anxious before and during exams. I struggle to retain information when I'm stressed, This is affecting my grades and making me doubt my abilities, which is stressful and demotivating.

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. Maslow's Hierarchy of Needs:

- Social support: Cultivating a network of peers, mentors, and study groups for encouragement and accountability

2. Herzberg's Two-Factor Theory:

- Intrinsic motivation: Focusing on personal growth and learning rather than just grades

3. Self-Efficacy Theory:

- Self-efficacy: Building confidence in your abilities through small successes and positive self-talk

4. Reinforcement Theory:

- Time management: Developing effective scheduling and prioritization skills

5. Goal-Setting Theory:

- Goal setting: Establishing clear, specific, and achievable short-term and long-term goals

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

- **Peer mentoring programs:** To connect with experienced students for guidance and support



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Understanding Motivation

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

Ans. The value of a college education for me is the opportunity to gain knowledge, skills, and experiences that will help me build a successful career and fulfilling life. It's a chance to explore my interests, grow as a person, and open doors to better job opportunities in the future.

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. I haven't chosen a major yet, but I'm considering my options. Some steps I'm taking to choose the right major and career include:

- Exploring different subjects through introductory courses
- Talking to professors and professionals in fields I'm interested in
- Reflecting on my personal interests, strengths, and values
- Researching job markets and career prospects for different majors

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

Ans. To be more motivated and study efficiently, I can:

- Set clear, achievable goals for each study session
- Use the Pomodoro technique
- Find a study environment that works well for me
- Reward myself after completing tasks

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. Intrinsic motivations for college:

- Personal growth and learning
- Challenging myself intellectually
- Exploring subjects I'm passionate about

Extrinsic motivations:

- Better job prospects and higher earning potential
- Making my family proud
- Obtaining a degree

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.

- Short breaks to watch a series episode or movie or a short gaming session.
- A walk in nature or Gym session

- Time with friends.

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. To stay self-motivated and complete my educational goals:

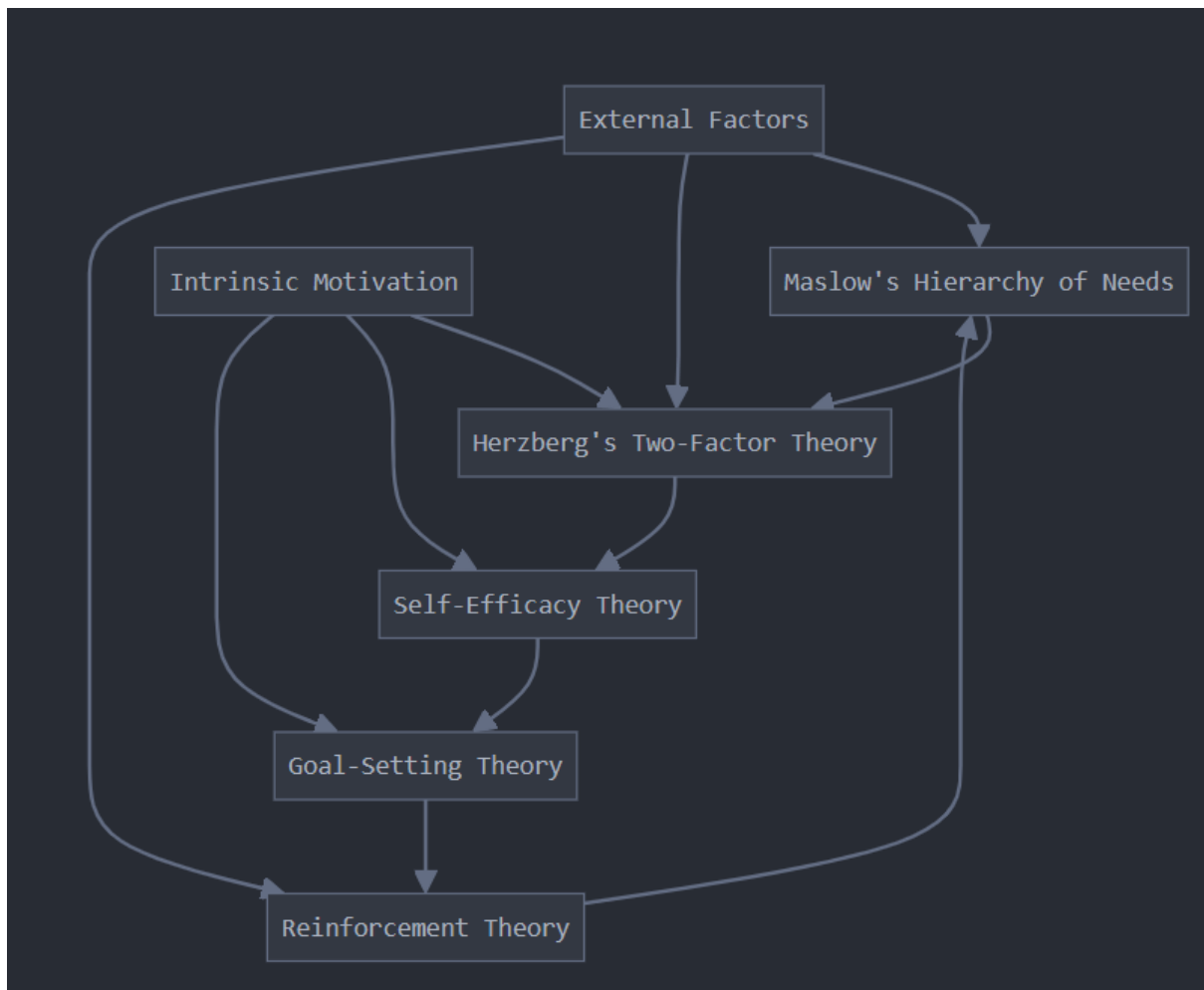
- Regularly remind myself of my long-term goals
- Break large tasks into smaller
- Surround myself with supportive and motivated peers

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

Ans. I can use the concept of locus of control by:

- Taking responsibility for my academic performance
- Recognizing that my efforts and choices directly impact my success
- Focusing on what I can control (study habits, time management) rather than external factors
- Viewing challenges as opportunities for growth rather than insurmountable obstacles

How would you integrate the different motivation theories together? Diagram your model of motivation. Which theories you think is most effective in keeping the motivation level high



I believe Self-Efficacy Theory is particularly powerful for several reasons:

1. Unlike external rewards (Reinforcement Theory) or temporary goal achievement (Goal-Setting Theory), self-efficacy creates a lasting belief in one's abilities.
2. High self-efficacy positively influences goal setting, perseverance, and resilience in the face of challenges.
3. As individuals experience success, their self-efficacy increases, creating a positive feedback loop.
4. Self-efficacy is applicable across various domains and situations, making it a flexible tool for maintaining motivation.
5. It aligns closely with intrinsic motivation, which is generally more sustainable than extrinsic motivation.