

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.

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|---|---|---|
| <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