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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