Motivation Checklist

The following checklist may prove helpful in getting at the sources of poor motivation. If you want to improve your motivation you may want to choose a self-directed improvement program or use the information as a focus for counseling.

1. Really preferring something other than attending this university:
   ____ Would prefer not to go to college.
   ____ Would rather attend another college.
   ____ Would prefer a different kind of training.

2. College as means to ends other than learning:
   ____ To avoid getting a job
   ____ To find a mate
   ____ To have a good time
   ____ To get away from home
   ____ To prove self-worth

3. Distracting personal problems:
   ____ Conflict with same sex
   ____ Conflict with opposite sex
   ____ Conflict with parents
   ____ Lack of confidence
   ____ Undefined resistance to college
   ____ Angry at the world
   ____ Overuse of drugs or alcohol
   ____ Fear of evaluation
   ____ Difficulty in making decisions
   ____ Lack of financial resources
   ____ Phobias and other anxieties
   ____ Insecurity
   ____ Loneliness

4. Lack of interest
   ____ Undefined vocational goals
   ____ Undefined educational goals
   ____ Course material is not what I think is important
   ____ Interest in school is not the "in" thing among my friends.

5. Continuing self-defeating behavior patterns:
   ____ Excessive dependence on parents or others
   ____ Fear as a motivator
   ____ Parents as motivators
   ____ Grades or academic achievement as motivator
   ____ High school habits