

Upgrade Program- San Antonio Education Partnership

131 El Paso St., San Antonio TX 78204

www.upgradesatx.org | (210) 207-4563 | upgrade@saedpartnership.org

Name of Key Area	Goal Setting
Title	Sustaining Motivation Towards Your Goals
Goal	The goal of this worksheet is to help individuals identify reasons for returning to college, and to provide tips on how to sustain motivation.
Advisor & Date	Micaela Rios, Spring 2019

Motivation is critical to our success in many aspects of our life, whether that is in our family, our careers, or as students. Motivation is the reason or reasons a person has for acting a particular way. Motivation is the desire or willingness to do something.

As you begin the college journey, take time to think about *why* you decided to return to college.

Rank where you stand, with 4 being the most important reason, 1 being the least important reason.

What are your reasons for returning to school?	1	2	3	4
To qualify for promotions at my workplace				
To change careers to something with better long-term employment & advancement				
To change careers so that I can do something I love				
To improve myself				
To make more money				
To have job security				
To be more knowledgeable				
To learn a new skill				
To set an example for my kids				
To help my kids with homework				
To learn how to start my own business				
To be able to provide more for my kids				
To finish what I started				
To say that I have a college degree				
Because my boss/friend/partner want me to.				

Adapted from Never Too Late: The Adult Student's Guide by Rebecca Klein Collins

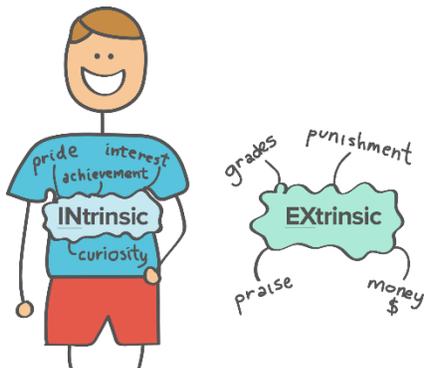


Image 1: Khan Academy

Motivation can be both *intrinsic* and *extrinsic*. Intrinsic factors are internal, can be for reasons including your interests, desire to learn information, to set a positive example, to feel accomplished, and so forth. Extrinsic factors are external factors, like perhaps you are returning to college because your boss is recommending it, or perhaps, you want to earn a higher salary. Looking at your responses for returning to school in the survey, are your reasons for returning intrinsic or extrinsic? There is no right answer!

Ultimately, what is important is to keep your reasons, your motivation, at the forefront of decision making as you navigate the space of being a student again. It will not be an easy journey. There will be challenges and difficulties; life will continue to happen again and again. Completing a degree also takes a significant amount of time, especially if you go part-time. What is important is that you sustain your motivation and to keep up the momentum. We also recommend that you find a support system that will help to keep you accountable, especially in those challenging moments.

Here are some additional tips for staying motivated:

1. Create a vision board.

A vision board is a space to put your goals and desires on. Not sure how to get started? Check out this news article from New York Times:

<https://www.nytimes.com/2019/04/06/opinion/sunday/how-to-make-a-vision-board.html>

2. Write a mission statement.

Mission statements are what drive us to do what we do. Mission statements are concise and should convey our purpose and values. If you have never made a mission statement, visit, we recommend visiting: <https://msb.franklincovey.com/> and click on personal mission statement.

3. Create a visual reminders.

Creating visual reminders are important to helping us reach our goal. These reminders should be regularly visible throughout your day. For example, if you are motivated to attend college for your children, set a photo of your children at your study desk. Use a photo on your screensaver of your phone. Keep a photo in your binder or use it as a bookmark.

4. Pay attention to your physiological and emotional needs.

Feeling cranky, tired or exhausted? It might sound simple, but pay attention to what your mind and body is needing. Ensure that you are eating balanced meals and that you are drinking enough fluids. Also make sure to get enough sleep. We know this is much easier said than done, especially when you are juggling so much.

5. Create a mantra or a slogan.

Mantras or slogans stick with us over time. In our personal lives, we often have mantras or slogans that we live by. Write this on a post-it or repeat it before and after class.

What slogans do you use in your life and with people you care about? Here are some examples:

- “Perseverance is failing 19 times and succeeding the 20th.” - Julie Andrews
- “Don’t watch the clock; do what it does. Keep going.” - Sam Levenson
- “You have to learn the rules of the game. And then you have to play better than anyone else.” - Albert Einstein
- “Don’t let the fear of striking out hold you back.”- Babe Ruth
- “It is never too late to be what you might have been.”- George Eliot

Adapted from:

- Klein-Collins, R. (2018). *Never too late: The adult students guide to college*. New York: The New Press.
- Motivation article- Khan Academy. (n.d.). Retrieved April 17, 2019, from <https://www.khanacademy.org/test-prep/mcat/behavior/physiological-and-sociocultural-concepts-of-motivation-and-attitudes/a/motivation-article-2>