Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 1: Understanding Motivation**

1. What are your dreams for the future? Write a paragraph about what you hope to accomplish by going to college.
2. Write a paragraph about deciding on your ideal major and career. Use any of these questions to guide your thinking: If you have chosen a major, why is it the best major for you? How does it match your interests, aptitudes, and values (what is most important to you)? Does this major help you to live your preferred lifestyle? If you have not chosen a major, what are some steps in choosing the right major and career? What qualities would you look for in an ideal career? Can you describe some of your interests, aptitudes, and values? What is your preferred lifestyle?
3. Write five positive statements about your college education and your future.
4. Write a paragraph with at least three ideas about how you can motivate yourself to be successful in college. Use any of the following questions to think about your answer: How can you use positive thinking to be successful? How can you find something interesting in your studies? How can you improve your concentration? What are your intrinsic motivators for attending college? Remember that intrinsic motivators are those activities that you do because you enjoy them or they are personally meaningful to you. What are some extrinsic motivators? Are you motivated by money or achievement? How can you use the concept of locus of control to improve your chances of success in college? Do you believe that you create your own success? What are some rewards you can use to increase your positive behavior?
5. What will you do if you are tempted to drop out of college? What steps can you take to be persistent in achieving your college goals? Are there times when it is best to change goals rather than to be persistent if your efforts are not working? Write a paragraph about how you will be persistent in reaching your college goals.