

Why Students Lack Motivation

Name: _____ ID: _____ Class: _____

Motivation is a difficult concept to grasp and some students assume that some people have it and some do not. But motivation is simply an attitude that energizes, directs and sustains behavior towards a particular goal. Completing college classes, earning good grades, learning new skills needed for careers, completing degrees and transferring to 4 year universities are all examples of goals that motivate students to succeed. So take a few minutes to think about and write down what your goals are for attending college at BC:

Motivation can also be influenced by your belief in yourself to succeed in school. Maybe you did not do well academically in high school or you are confused about or dislike particular subjects. At BC you get to begin again with a clean slate. If you assessed below college level in math, reading and/or writing, you can take basic skills courses to develop a strong foundation for success in general education and major and career courses. College is not simple or easy for anyone. It is an opportunity to grow and learn. Remember, you create your own life and college is one way you can increase the opportunities for yourself. You belong in college, so get involved in classes and at BC. Make new friends, study with groups of students. Ask for help when you need it. Be determined to succeed. You are not alone as there are many people here that you can turn to for help: instructors, counselors, librarians, peer tutors, financial aid staff, and advisors. You are BC!

Strategies for Increasing Motivation

- Set academic and career goals.
- Have a positive attitude towards college and learning.
- Practice time management.
- Study hard.
- Learn from your mistakes.