Self-Motivation

*Self-motivation occurs when you*....

Write out your plan.

Do not be a perfectionist.

Do not focus on your inadequacies.

Surround yourself with supportive people.

Be willing to take risk.

Recognize when things are failing and act on them immediately.

Self-Destruction

*Self-destruction occurs when you are*.....

Not attending

Not attending class regularly.

Not asking questions when you are not clear on a subject.

Not connecting with your peers in like majors or courses.

Not using the resources provided by Student Retention Services, Latash Norman Center, tutors or faculty members.

Not purchasing the materials necessary for success in the courses.

Not planning for the successful completion of projects, papers, and assignments.

Exam Prep: 3 Steps to Master Studying


Undergraduate Studies

Dr. Robert Blaine, Dean of Undergraduate Studies and CyberLearning