

SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

Self-Motivation

Reading Assignment

Request the following textbook:

On Course: Strategies for Creating Success in College and Life – Self Motivation

Read the selected chapter pertaining to self-motivation and take notes while you read.

Internet Assignments

Internet Video Lessons – Review the following online videos. Take notes while you watch.

[The Surprising Science of Motivation](#)

[Energy and Enthusiasm](#)

Application of Learning

Success is a choice – your choice. To *get* what you want, it helps to *know* what you want – and *why* you want it. That is the purpose of this assignment. Complete the following statements:

- What I want from my education is...
- When I complete my education, I want to be able to...
- I also want...

Now, reflect on what you have written thus far, and then write a minimum one-page response to the following question:

- How can you use the information you have read about and watched in the videos to support yourself in getting what you want? Be specific in your response.

Assessments

Ask your Skills Development Instructor for the final reflection for this assignment entitled *Reflection is Part of Learning*.