Motivation & Goal Setting
MOTIVATION
Some people need more than others...
Click HERE for Motivation

http://www.youtube.com/watch?v=tpH5L8zCtSk
What motivates you?

What is your why?

What does it mean to be motivated?
The Meaning of Motivation

Motivation can be defined as that which compels a person to act with determination, or that which gives rise to an inclination that manifests itself through a specific behavior. In certain circumstances or under certain stimuli, the individual assumes particular attitudes and acts on them.
Motivation

- **Extrinsic Motivation:** Extrinsic motivation is ok ...
  Externally motivated to learn to earn good grades, receive credit, complete requirements, earn degrees or titles, etc.

- **Intrinsic Motivation:** Intrinsic motivation is better ...
  Internally motivated to learn because you are curious, fascinated, challenged, or because you truly want to master the subject area

**Why?**
Intrinsic Motivation Scale

Four C Factors

1) **Curiosity** – Do you want to learn new things? Are you truly interested in what you’re learning? Are you curious? Do you ask questions?

2) **Control** – Do you think working hard in your academic courses will pay off? Do you believe you can control how successful you’ll be?

3) **Career Outlook** – Are you goal oriented? Are you future oriented? Can you imagine yourself using what you learn in college to help you get a job you want?

4) **Challenge** – Does your college coursework challenge you? It is important that the level of challenge is right for you.

Are you intrinsically or extrinsically motivated?
Start with defining who you are as a person and as a leader ...

**WHO AM I?**

What are my strengths and weaknesses?

Why do you want to be there?

Figure out where you want to be in 2 years ... 4 years ... 10 years

**WHERE DO I WANT TO BE?**

Then, the next key question is ...

**HOW DO I GET THERE?**

(Make an Action Plan!)

After that ... it is time for ACTION and COMMITMENT!

How do you define success? What does YOUR success look like?
Mission Statement:
The University of Akron, 42\textsuperscript{nd} Ohio Volunteer Battalion, Army ROTC program annually recruits, retains, develops, and commissions high caliber, high quality men and women and leaders of character to meet the needs of the Army’s Officer Corps while ensuring the safety and welfare of the Cadets, the Cadre, and the Staff.

“Fiat Lux”
Let there be light!

Lead Self & Peers
Lead Teams & Others
Lead Formations (SQDs, PLTs, and COs)
Lead the 42d OVB
Lead America’s Soldiers
GOAL SETTING

YOU

Church
“Spiritual Life”

Friends
“Social Life”

Family
“Family Life”

Activities/Hobbies
“Personal Life”

Academics/Work
“Professional Life”

WHO AM I?
MY STRENGTHS

+
+
+
+

AREAS TO IMPROVE

- Work in teams of 2 or 3 and discuss your strengths and weaknesses with your teammates.

WHO AM I?
MS-I Class Goals

By the end of spring semester 2014, I will ...

- Earn at least a 3.0 cumulative GPA
- Earn A’s and B’s in all of my classes
- Attend at least 90% of all of my classes
- Score at least 250 out of 300 pts on the last record APFT (at least 80 pts in each event)
- Earn at least 70 pts out of 87 pts on the freshman OML
- Do no harm to my body or image, or the image of the university or Army ROTC, while a college student and Cadet
- Have fun and enjoy myself, but be smart, be legal, and remain focused on my ultimate goals
In-class Homework:

Write SMART Goals

- Pick 2-3 areas of your life and write 2-3 SMART Goals for each area that you want to improve *this semester*. Use the Goal Setting sheet (next slide) and neatly write your SMART goals.

- Make an action plan that will help guide you and help you accomplish your goals. Keep track of your progress throughout the semester.

- Bring your goal sheet to Initial Counseling and be prepared to discuss your action plan.
Goal Setting

What do you want to achieve by the end of this semester?

- **Family Life**
  1. I will ...
  2. I will ...
  3. I will ...

- **Professional Life (Academics/ROTC/Work)**
  1. I will ...
  2. I will ...
  3. I will ...

- **Personal Life (Physical Fitness/Activities/Hobbies)**
  1. I will ...
  2. I will ...
  3. I will ...

- **Social Life (Friends)**
  1. I will ...
  2. I will ...
  3. I will ...

- **Spiritual Life**
  1. I will ...
  2. I will ...
  3. I will ...

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Name: _______________

Make your goals S.M.A.R.T.

- **S** - SPECIFIC
- **M** - MEASURABLE
- **A** - ATTAINABLE
- **R** - REALISTIC
- **T** - TIME BOUND
Class Leader Announcements
Be Safe. Be Smart. Be Legal.
Stay Focused on YOUR Goals.

Are **YOU** committed?