

## Are you motivated to succeed?

	Yes	Unsure	No
I have clear, realistic, attainable goals for the short and long term, including for my academic success.			
I have a good sense of priorities that help ensure I always get the important things done, including my studies, while balancing my time around school, work, and social life.			
I have a positive attitude towards being successful in college.			
I know how to stay focused and motivated so I can reach my goals.			
When setbacks occur, I work to solve the problems and then move on.			
I have a good space for studying and use my space to avoid distractions.			
I do not attempt to multitask when studying.			
I schedule my studying at times when I am at my best.			
I use a weekly or daily planner to schedule studying and other tasks in advance and to manage my time well.			
I am successful at not putting off my studying and other important activities or being distracted by other things.			

## Where do you want to go?

In the following list, circle the three most important areas in which you think you need to improve:

• Setting goals	• Avoiding distractions caused by other people
• Staying focused on goals	• Avoiding the distractions of technology
• Keeping strong priorities	• Managing time well when studying
• Maintaining a positive attitude	• Overcoming a tendency to put things off
• Staying motivated for academic work	• Using a planner to schedule study periods
• Solving and preventing problems	• Using a to-do list to ensure all tasks are done
• Having an organized space for studies	• Finding enough time to do everything