Review Motivation and Incentives

Complete the notes on each of the following slides for each "Day" noted along with a journal entry per day as well.
(You may want to take all the notes down on DAY 1; then, answer the journal questions on the corresponding days.)

How to Set a Goal, p. 118

Goal - "*the object of a person's ambition or effort; an aim or desired result.*"

1. Pick a goal that is well-defined.
2. Pick a goal that is specific and measurable..
3. Share it and get help.
4. Set small goals to reach your overall goal.
5. Be Flexible.
6. Evaluate.

Journal Question: Review the goals you set from the beginning of the semester and quarter. How are you doing? Evaluate your productivity and achievement of these goals. Were they really realistic? Explain. Reflect over what changes you may need to make in order to achieve them.

How to Get Motivated, p. 112

Steps - Play, then Repeat

1. Practice - effective practice or doing things the right way

2. Achievement - adjust your practice to see results

3. Satisfaction - connect to the goal, own the goal, see results and "pay-outs"

Journal Question: Review the goals you set. What must you do to keep these goals in mind for the time-frame of each? Explain and reflect over your thoughts.

How to Have a Positive Attitude, p. 121

Attitude - "a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior."

1. CHOOSE Positivity
2. Be THANKFUL
3. Compliment others
4. Keep the PAST in the PAST
5. Focus on your STRENGTHS
6. PRACTICE Positivity

Journal Question: What attitudes do you have that could get in the way of your optimal performance? Will these steps help on your way to your academic goals? personal goals? other goals? Explain and reflect.