

Motivation

Success Tips

What is Motivation?

A process that initiates, guides, & helps maintain goal-directed behavior.

Driving force behind our actions.

Involves activation, persistence, and intensity.



Visualization

Create a mental image of a future event.

Visualization improves motivation, coordination, and concentration.

Vision boards can help make mental images come to life.



Accountability

Set visual reminders and alarms for encouragement.

Share goals with a friend, classmate, or someone in your life.

Routine & Goal Setting

Rediscover a sense of consistency by developing a routine that works for you.

Set realistic goals focused on short-term.

Wake Tech Resources

Need further assistance?

Schedule an appointment with a Student Success Coach.

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