

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