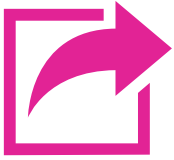


Self-motivation



Strategies to share with students

Suggested ideas and practices educators can share with students to support awareness of the topic and development of the skill. Strategies can be adopted/adapted as needed.

- At the beginning of the term, **reflect on how achieving the most important short-term goals in a course will help you to achieve some of your most important long-term goals.** Think specifically about how achieving these short-term and long-term goals are meaningful and motivational for you on a personal level.
- List some of the obstacles and challenges** that you expect to need to overcome to achieve short-term goals.
- Think carefully about how your strengths and support network will help you** to overcome these obstacles and challenges.
- Identify areas of growth** and people who could help you to deal with the most important stressors and challenges that you will need to overcome to achieve your goals.
- Set aside time every week and every month to reflect** on your progress towards achieving short-term goals. Also make sure to set aside time to meet with members of your support network to specifically get help with overcoming challenges.

