What is Motivation?

Motivation can be described as...

- The drive to accomplish your goals
- Enthusiasm, passion, inspiration
- Ambition

Definition

Webster’s dictionary defines motivation as the general desire or willingness for someone to do something. It is difficult to say what motivation truly is because it is rather fickle. We do not feel motivated all the time, and when we do feel motivated we cannot remember how we got to that state.

Why does it matter?

College will be a constant uphill battle without the motivation to excel in each class. Motivation becomes particularly scarce when we are up against obstacles. This means that sometimes we have to search to find the motivation to keep pursuing our goals when the going gets tough. During a time when motivation is hard to find, it can be your most valuable resource. So, dig deep, and find that thing to push you onward.

Everyone is motivated by something. The trick is to find what drives you in college. It is important not to focus so much on the final outcome, graduation; but instead look to smaller proximal goals. If you only focus on the diploma instead of the final exam at the end of the semester you will quickly find yourself discouraged and lacking motivation, simply because graduation is still so far away.

Motivation often reflects our own attitudes toward our goals. It is important to examine our goals and values and to establish why we want to accomplish them in order to foster a positive attitude when striving for them.