

Student Name: _____

Study Skills - 3

Motivation & Goal Setting

How to get and stay motivated?

First ask yourself the following:

What do you want from school?

What do you want in terms of career or college?

What will you need from school to go after the career/course/job you want?

The answers to these questions may not reveal themselves overnight. Students who have already been through the Leaving Cert have offered the following pointers as a way to get and stay motivated.

For each item, indicate how it applies to you. If you have already taken action on the points raised, mark the box on the left - indicating that this contributes to your study success. If not, mark the box on the right, indicating that this is moving you away from your study goals.

Make a written statement of what you want to achieve in your Leaving Cert: Revisit the **Setting Targets** worksheet and be satisfied that you are happy with the target results you have set. Seek the advice of a teacher, parent, or your Guidance Counsellor when setting these targets. Writing down the targets I wanted to achieve made me focus more on what I really wanted.

Clarify what you want to do with these results: If you are not sure, arrange an interview with your school Guidance Counsellor as early as possible. You can explore careers and college options by doing the following:

Set 30/60 minutes aside each week to browse college literature or visit college web sites for information on courses and careers in further education.

Attend College Open Days* and careers exhibitions during the year. Select the dates of 2/3 events that you will attend this year.

Take the online Careers Interest Test on www.careersportal.ie and explore the career and courses that match your interests.

Avoid missing out on class time: The more class time you miss the greater the risk of missing important learning points.

Cut out the part-time job: Hard to let go if you have one, but think about it - you have a job of study that will bring you great returns if you do it well.

Believe you have a bright future: There were never as many career and college course opportunities for those taking their Leaving Cert. as there is now. I explored the alternative routes to getting my dream. I think it's very important to explore as many options as possible.

Look after your health: Eat well and get adequate sleep and exercise. An obvious point, but it's easy to neglect your health as examinations approach. Psychology is now revealing links between physical and mental health. A person's physical well being has a huge impact on their ability to concentrate and relax when required.

What actions can you now take to increase your study success?

* For a listing of all college days and other important career events, go to www.qualifax.ie and select 'Career Events'