



Motivation – the key to success

Everything in life starts with the self

Who are you?

What do you want to attain at KCC?

*An associate degree for transferring to a senior college?
Skills and knowledge for an entry level professional position?*

What is your major?

*What are your skills, interests, and abilities?
Focus on you, not your siblings, not your parents,
not Uncle Antonio or Aunt Marie*

Honest answers to these questions will lead to motivation

Maslow's hierarchy of needs

Target the 4th and 5th levels

Abraham Maslow developed a hierarchy of five levels of needs:

- Physical - food, sleep*
- Safety & Security - housing, employment*
- Social - love & belonging*
- Self-esteem - achievement*
- Self actualization - becoming the best you can be*

Are you motivated to learn about Maslow?

Your goals should be achievement, attainment, and developing a life plan to be the best that you can be, not in comparison to others. You will be motivated to be the your best if you are on the right track for yourself. You matter, you count, you choose.

Motivation - Defined

The desire to achieve something, driven by a goal, an incentive, or inspiration.

This is not a great definition. Like Louis Armstrong said about jazz, "if you have to ask what jazz is, you'll never know."

Are you motivated to learn about Armstrong?

- You know when you are motivated to do something
- You know that strategizing when motivated is not difficult
- You are excited, energized, and bursting with activity
- You are curious and devour all aspects of a subject

That is because true motivation is an internal force pushing you forward. External motivation is about receiving an (external) award. Internal motivation focuses on self.

Internal/External Motivation

- Sometimes you need to get motivated to get a good grade (a reward, external motivation) for a class which is a requirement, but the class does not interest you

What a drag!

- But wait - you can develop internal motivation. You can find some element of interest in that class which serves as an incentive for internal motivation. You want to graduate, yes?
- Let's discuss examples of developing internal motivation from external motivation. Let's make lemon pies from lemons

Motivation, Determination, Graduation

- *Again, everything in life starts with the self*
- *What is your major?*
- *Without thinking, what do you like to do?*
- *What do you enjoy doing with others or alone?*
- *Turn a hobby into a career*
- *Not sure of a major? Explore. Use KCC resources to help you discover your true interests, abilities, and strengths*

Motivation Interrupted

- *Discouraged by others? Stay strong*
- *Losing motivation? Explore why. Change is natural, but your basic propensities are constant*

Are you motivated to look up the word propensity if you do not know it?

- *Keep a journal so that you are aware of that which motivates you now compared to that which motivated you in the past. Why did you lose it? Outgrew the dynamics? Did not have time to develop mastery? Make a connection between your younger and your present self.*

What KCC is really all about

- *You will be exposed to many new ideas at KCC, you will grow, meet new people, execute functions which you never thought you could do (and were reluctant to do at first), and will change, but your core will remain.*
- *KCC will teach you many things, but you will learn most about self. You will evolve, but are you ready to become the best that you can be?*
- *What is your starting point for motivation in order to succeed?*

Motivation for Life

- *Never Stop Moving* - Luigi, jazz dance teacher and trainer
- *A man's reach should exceed his grasp, or what's a heaven for?*
- Robert Browning, poet
- The fire of motivation is within us, and if someone else tries to light it for you, chances are it will burn very briefly - Stephen R. Covey, author

Are you motivated to learn about the aforementioned people?

Motivation, Curiosity, & Determination

The key to your kingdom is within you, do not lose it



Motivation for Graduation

*Best wishes. KCC is motivated to move you forward,
but only if you are motivated to work with us*