Purpose:
The purpose of this assignment is to:
1. Understand what drives you to do something and how it can vary
2. Apply that understanding to clarifying your current status regarding deciding on a major and help you take action

Description:
We are all driven to do the things we do for a variety of external and internal reasons. Additionally, some of us find it relatively easy to motivate ourselves to do something, like working out. Others of us find it extremely difficult to motivate ourselves to do something, like working out. However, if you are able to identify your preferred motivation style, you open a window to understanding what motivates you to take action and also to learn. And learning, especially learning something new and challenging, is one of the key steps in understanding all the great options before you as you select your academic and career path.

Directions:
1. Complete the worksheet titled “What’s Your Motivation Style?” by Marcia L. Conner. You can access it online or use the Handout on the CAPE website.
2. Answer the Reflection Prompts below in the space provided.

Reflection Prompts:
- What did you learn are your primary and secondary motivation styles?
- Were you surprised at all by the results and if so, why?
- What potential blind spots do you see your primary motivation style having?
- How might you maximize your motivation to take the actions you need to take to move forward in your major decision?

1 http://marciaconner.com/dl/alcms051808.pdf