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If I lose my motivation for studying, I know how to get it back.
I am able to seek help from resou rces on campus or in my life if I lose my motivation.

I know what career I want and the steps I need to get there.
I am sure of why I am in college.
I realize when I get off target from my goals and dreams.

My physical health allows me to concentrate.
My family members are well and do not require my assistance.
I have enough energy to put in long days if necessary.
I have no difficulty waking up and arriving at my morning classes on time.
I often feel alive and happy.
I get enough sleep.
I eat regularly and nutritiously.
I exercise at least 3 times per week.

PERSONAL ISSUES

- A. I am able to attend class and complete assignments despite my family obligations.
- B. I can effectively deal with any stress in relationships caused by my attending college.
- C. I do not use alcohol or drugs as a means of handling stress.
- D. I would seek counseling if I were unable to handle pe riods of stress or depression.
- E. I would consult with my instructor should I fall behind in class.
- F. I know I'm not a failure even if I don't earn the grade I wanted.
- G. I would not consider quitting college if I'm having trouble keeping up in class.
- H. I don't allow personal problems

