



## *learning effectiveness program*

# Finding Your Purpose

### What am I about? Why am I at DU?

Getting settled into university life and focusing on the next step in your life's adventure can be exhilarating and overwhelming. To focus your efforts, it can be helpful to examine your motivations.

**Highlight any of the motivations that resonate with your experience. Cross out any that you do not connect with.**

<i>"To see if University life is for me."</i>	<i>"The career that I am interested in requires a college degree."</i>	<i>"To practice living independently and making my own decisions."</i>
<i>"Because I want to learn more about myself; my passions, values and strengths."</i>	<i>"Because I didn't want to live at home anymore."</i>	<i>"The University of Denver is well-known for the subject I want to study."</i>
<i>"Because my parents want me to go to DU."</i>	<i>"Honestly, I didn't know what else to do."</i>	<i>"Because attending university is a goal that I've set for myself."</i>

**Write your reason in your own words. Do you have a reason that is not listed above?**

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## Have a Conversation with your Family

- Have a conversation about your motivation for attending DU with your parents and family.
  - Share your motivations for attending DU
  - Ask them for their thoughts
  - Ask them “What motivations do you have to support me as I attend DU?”
  - Compare your answers.

*If family members are unable to find common ground when it comes to motivations regarding attending university, we suggest seeking the support of a mental health professional who can help you navigate this transition.*

## Set a Goal

Your motivations can help indicate what is important to you. Given that, what are some of your goals for your first quarter at DU?

## Additional Resources

Read a blog:

[The 5 Best Reasons to Go to College](#)

Watch a YouTube Video:

[Why go to college?](#)

Research Occupations

[O\\*Net Online](#)

