Finding Your Purpose at College

# Identifying and understanding your motivations

Choosing to attend college and focusing on the next step in your life’s adventure can be exciting and overwhelming. Focus your efforts by examining your motivations.

**Why do you want to go to college? Highlight the motivations that resonate with your experience. Cross out any that you do not connect with.**

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| *“To see if college life is for me.”* | *“The career that I am interested in requires a college degree.”* | *“To practice living independently and making my own decisions.”* |
| *“Because I want to learn more about myself; my passions, values, and strengths.”* | *“Because I didn’t want to live at home anymore.”* | *“The university I’ve selected is well-known for the subject I want to study.”* |
| *“Because my parents want me to go to college.”* | *“Honestly, I didn’t know what else to do.”* | *“Because attending college is a goal that I’ve set for myself.”* |

**Why do you plan to go to college? Write your reason below:**

# Have a Conversation

Use the prompts below to have a conversation with your family about your motivations for attending college.

* + Share your motivations for going to college.
  + Ask them for their thoughts.
  + Ask them “What motivations do you have to support me as I attend college?”
  + Compare your answers.

If family members are unable to find common ground when it comes to motivations regarding attending college, 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 month at college?

# Additional Resources

## **Read a blog:**

[The 5 Best Reasons to Go to College](https://www.teenlife.com/blog/5-best-reasons-go-college/)

## **Watch a YouTube Video:**

[Why go to college?](https://www.youtube.com/watch?v=GUqfexfelAo)

## **Research Occupations**

[O\*Net Online](https://www.onetonline.org/)