



## What is your attitude towards your learning?

### Attitude is Everything

The attitude you bring influences your thoughts and actions and the approach you then take to your learning. Your attitude will affect how much time you put into your schoolwork, how you manage challenges, and ultimately your path to achieving your personal academic best.

**Take the time to determine reasons to put in effort into your schoolwork.**



You may have heard about 'carrot' and 'stick' people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or tap it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

*Think about which of the following reasons might be motivating for you:*

- To achieve the best marks you are capable of at school.
- To give you lots of options for what subjects you can choose in the senior years.
- To give you lots of options of what you can choose to do when you leave school.
- To have a personal sense of satisfaction about doing your best.
- To show your gratitude to your parents for giving you an education.
- To avoid getting in trouble from your teachers.
- To avoid getting in trouble from your parents.
- To avoid getting a detention or other negative consequences from not working.
- To avoid disappointing your parents.
- So you don't feel bad about wasting your parents' time and money giving you an education.

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