

**Promoting the academic performance of  
Ukrainian university students: Effective  
approaches to improve  
learning and academic performance of  
Ukrainian university students**

**LESSON 11**

***SELF-MOTIVATION AND GOAL SETTING FOR  
ACADEMIC EXCELLENCE***

Perceptions of Inclusion, well-being and Identiflcation with  
the European Union in Ukrainian university students



**Co-funded by  
the European Union**



# CONTENT

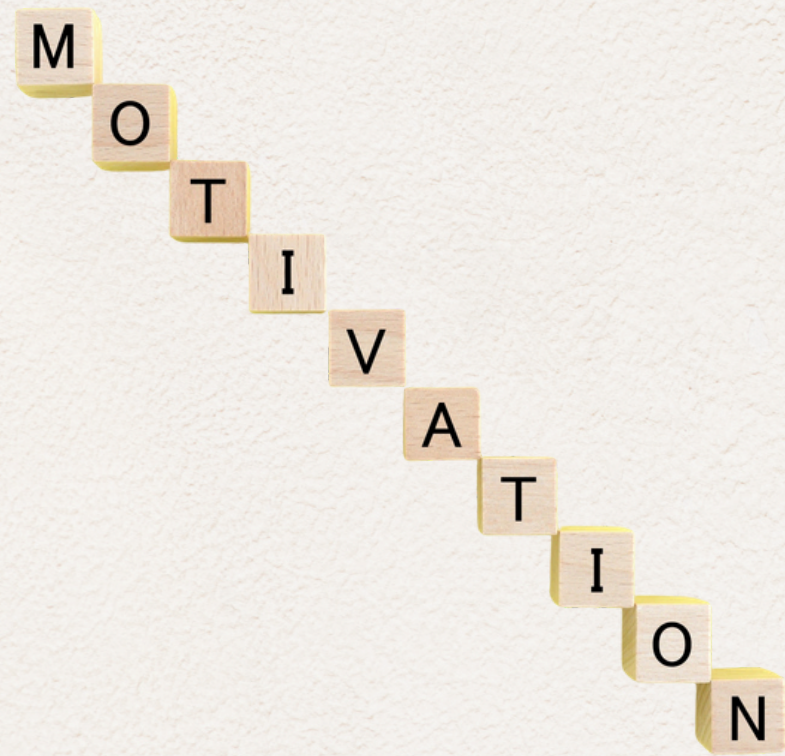
- What is Self-Motivation and Why It Matters
- Intrinsic vs. Extrinsic Motivation
- Motivation and Academic Performance
- Setting SMART Goals
- Specific and Measurable Goals
- Achievable, Relevant, Time-Bound Goals
- Identifying Sources of Motivation
- Internal and External Motivators
- Maintaining Discipline and Consistency
- Techniques for Sustaining Motivation
- Progress Monitoring and Self-Evaluation
- Developing a Personalized Academic Plan
- Building Long-Term Academic Excellence

# What is Self-Motivation and Why It Matters

- Self-motivation drives independent learning
- Encourages persistence in academic challenges
- Supports long-term academic success
- Strengthens personal responsibility



# Intrinsic vs. Extrinsic Motivation



- Intrinsic motivation comes from personal interest
- Extrinsic motivation is influenced by rewards
- Curiosity enhances deeper learning
- External rewards may support short-term effort

# Motivation and Academic Performance



- Motivated students set clear objectives
- Internal drive improves consistency
- Strong purpose increases resilience
- Motivation reduces procrastination

## Setting SMART Goals

- Goals must be clearly defined
- Progress should be measurable
- Objectives must be realistic
- Deadlines increase accountability





# Specific and Measurable Goals

- Define precise academic objectives
- Identify clear success criteria
- Break large goals into smaller steps
- Monitor progress regularly



# Achievable, Relevant, Time-Bound Goals

- Align goals with available resources
- Ensure objectives support academic priorities
- Set realistic deadlines
- Adjust goals when necessary



# Identifying Sources of Motivation

YOU  
GOT  
THIS

- Reflect on personal academic interests
- Recognize long-term aspirations
- Identify supportive external factors
- Understand personal values



# Internal and External Motivators



- Passion for learning enhances engagement
- Desire for self-improvement drives growth
- Positive feedback reinforces effort
- Academic recognition increases confidence





# Maintaining Discipline and Consistency

- Establish structured daily routines
- Prioritize tasks systematically
- Avoid distractions during study time
- Review goals regularly

# Techniques for Sustaining Motivation



- Visualize academic success
- Reward progress and achievements
- Use progress tracking tools
- Practice weekly self-reflection



# Progress Monitoring and Self-Evaluation

- Maintain a progress journal
- Evaluate achievements weekly
- Identify obstacles early
- Adjust strategies accordingly





# Developing a Personalized Academic Plan

- Define short-term and long-term goals
- Align motivation with academic priorities
- Integrate discipline into daily routine
- Maintain balance between effort and well-being

# Building Long-Term Academic Excellence



- Cultivate consistent study habits
- Strengthen resilience during challenges
- Maintain clarity of purpose
- Commit to continuous improvement



# Thank you

Any Question?

## Web

[ukrastud.eu](http://ukrastud.eu)

## Social Media

[@ukrastud](https://www.instagram.com/ukrastud)



Co-funded by  
the European Union