

PLAYING FAVORITES

It is typical for individuals to prefer certain subjects in school as well as to prefer certain activities outside school. Complete the chart to process your preferences. Then, answer the questions to identify ways you might be able to draw on what you noticed in the chart to find motivation in your less preferred classes.

Subject or outside interest	How much I like this subject (Between 1-5; 1 = Hate it and 5 = Love it)	The emotion that describes how I feel in this class	What I find motivating about it	What I dislike about it

What did you notice?

What is similar about the class you like the most and the class you like the least? What skills do both require? What do you think the teacher of your favorite class would say? (Ask them!)

Who is a role model for you in the class you find least motivating? Is there someone you think is like you who does well in that class or topic?

What is one thing you can try to increase your motivation in your least favorite class?