



Campus Consultancy

Welcome

Motivation

Fed Uni

April 22nd, 2021

Facilitator: **Josh Farr**




Are you on [LinkedIn](#)? Please connect with me, I'm here to help!

“

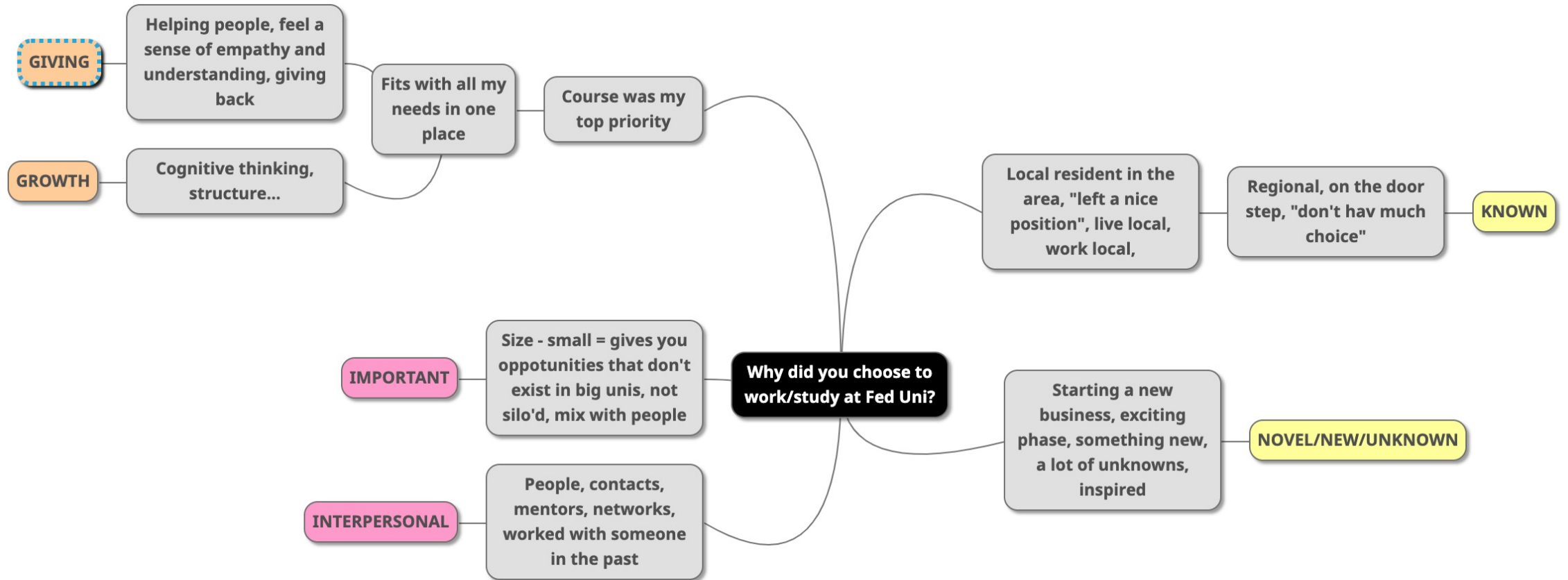
Our mission is to connect and develop the most influential leaders on campus.

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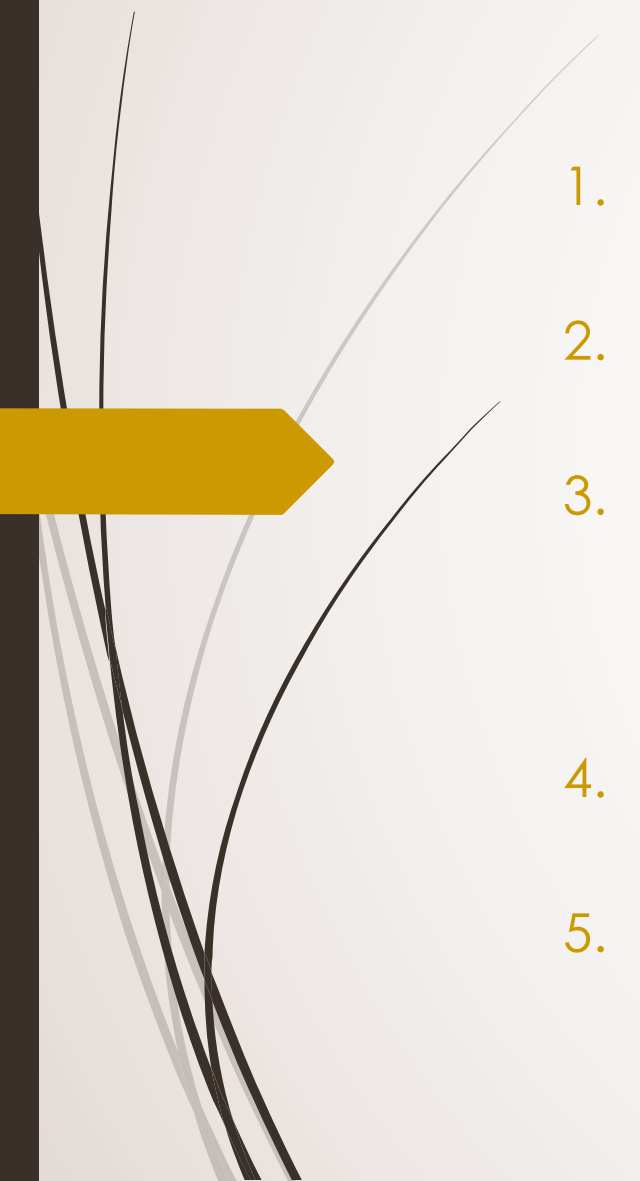




Why did you
choose to
work/study at
Fed Uni?



Principles of Motivation

- 
1. Always **assume positive intent**
 2. All behavior serves to **increase pleasure** and/or **reduce pain**
 3. There are **intrinsic** and **extrinsic** motivations
(See Daniel Pink's TED Talk and his book Drive)
 4. We are all subject to **CUE→ACTION→REWARD** processes
 5. We can either nurture positive or negative **feedback loops**



“He who has a **why** to
live can bear almost any
how.”

Friedrich Nietzsche



Where does
motivation
come from?

Where does
motivation
come from?



SOURCE: <https://www.simplypsychology.org/maslow.html>

	A	B	C	D
1	Your name (or a word, color, animal etc.)	Reason #1: I chose to come to this University because ...	Reason #2: I chose my current degree because ...	Reason #3: A potential career path that I am excited/curious about is ... and the reason I am excited about that is...
2				
3	<i>Example</i>	<i>It is a highly ranked university with lots of student initiatives and I grew up in the area.</i>	<i>I am excited about building the future of our city, tackling large projects and growing throughout my career</i>	<i>Building the next generation of ecologically friendly office buildings that people love to work and cause 0-harm on the environment</i>
4				
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	A	B	C	D	E	F	G
1	Your name (or a word, color, animal etc.)	1. Known <i>Safety, security, certainty, confidence, clarity of goals, autonomy, rest/relaxation, basic needs (food/shelter)</i>	2. Novel <i>Fun, excitement, new/different, entertainment, energy/vitality, creativity</i>	3. Importance <i>Recognition, Importance, Leadership, Relationship between effort & reward, Appreciation</i>	4. Interpersonal <i>Community, Friendship, Support, Connection, Associated, Welcomed, Team-spirit</i>	5. Growth <i>Growth, development, progress towards goals, advancement, improvement, expansion/broadening</i>	6. Give <i>Giving back, contribution, helping others, meaning, providing support, passing on wisdom/resources, achieving full potential</i>
2		How are you feeling currently? (0 = non-existent, 1 = far below average, 2 = average, 3 = better than average, 4 = quite good, 5 = very good)					
3	Example	1	1	4	3	3	0
4	<INSERT NAME>						
5	<INSERT NAME>						
6	<INSERT NAME>						
7	<INSERT NAME>						
8	<INSERT NAME>						
9	<INSERT NAME>						
10	<INSERT NAME>						

https://docs.google.com/spreadsheets/d/1KNmzcge9r7xcUI5qAb_zYoFIMZsPg4nR6d7ANXinp_U/edit#gid=0



	A	T	U	V	W	X	Y
1	Your name (or a word, color, animal etc.)	1. Known <i>Safety, security, certainty, confidence, clarity of goals, autonomy, rest/relaxtion, basic needs (food/shelter)</i>	2. Novel <i>Fun, excitement, new/different, entertainment, energy/vitality, creativity</i>	3. Importance <i>Recognition, Importance, Leadership, Relationship between effort & reward, Appreciation</i>	4. Interpersonal <i>Community, Friendship, Support, Connection, Associated, Welcomed, Team-spirit</i>	5. Growth <i>Growth, development, progress towards goals, advancement, improvement, expansion/broadening</i>	6. Give <i>Giving back, contribution, helping others, meaning, providing support, passing on wisdom/resources, achieving ful potential</i>
2		What do you need to KEEP DOING - STOP DOING - START DOING to improve your 'scores' in each of these areas? (think about getting even more of the advantages and eliminating/challenging some of the disadvantages)					
3	Example	<i>START making a budget (e.g. bit.ly/cc_savemoney) and track my expenses so I don't stress aboutt money</i> <i>STOP ignoring my messy room, clean it up and feel more confident in my work/study space</i>	<i>START thinking of new ways to study that include other people and not just myself</i> <i>START attending online club/uni events (3 per week) and actively participating</i>	<i>START moving my focus from me to focusing on helping others, by volunteering as a mentor and a tutor</i> <i>KEEP applying for scholarships and START scheduling in 3-hours per week to fill in applications</i>	<i>KEEP spending lots of time with friends.</i> <i>START to schedue it into my calendar so I don't miss assignments and study time. If it's scheduled I can really focus on them and not be feeling bad about not studying</i>	<i>I will START scheduling time for my career (e.g. applying for jobs, posting on LinkedIn etc.)</i> <i>I will STOP putting off my internship applications</i>	<i>START to volunteer online in some capacity for 1-hour per week</i>
4	<INSERT NAME>						

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1. Known <i>Safety, security, certainty, confidence, clarity of goals, autonomy, rest/relaxtion, basic needs (food/shelter)</i>	2. Novel/New <i>Fun, excitement, new/different, entertainment, energy/vitality, creativity</i>	3. Importance <i>Recognition, Importance, Leadership, Relationship between effort & reward, Appreciation</i>	4. Interpersonal <i>Community, Friendship, Support, Connection, Associated, Welcomed, Team-spirit</i>	5. Growth <i>Growth, development, progress towards goals, advancement, improvement, expansion/broadening</i>	6. Give <i>Giving back, contribution, helping others, meaning, providing support, passing on wisdom/resources, achieving ful potential</i>
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What do you need to KEEP DOING - STOP DOING - START DOING to improve your 'scores' in each of these areas?					
Regular study schedules so I am on top of the work load	I need to remember that 'new' and 'excitement' can be small scale activities that change my behaviour.	Ensure everything in my possession has meaning and value in my life, instead of sentimental value and hoarding from years ago	Talk and interact with more uni staff and students and create a network where my age or experience doesn't define me. Friends of all ages and abilities.	I want to start understanding my purpose and influence in the world and where I can bend the world to work for me. If I have my boundaries, no one is entitled to disrespect them. Links to interpersonal as if the boundaries aren't respected, neither is our relationship	Finding clients that I can have a creative partnership with and have therapeutic value on top of providing someone with colour to their life
WORK on a mutual family discussion of our goals for harmony and sharing of responsibilities so EVERYONE feels their needs are being met		PRIORITISE time for my PhD	KEEP doing the fun stuff with as big a range of HDR students as possible. Keep teaching in my passion areas	STEP UP where I'm being asked to. LET go of old responsibilities	
	Get out some me time, go creative	Focus on improving my skills and become more efficient	Interact more with peers and assist them whenever possible		
	Start a new hobby, travel to new places			Attend professional development sessions	Help family by babysitting
reflect/accept what is		Stop being so negative about	Spend more time	Emotional intelligence	Not trying to fix

What are you motivated to achieve in 2021?

Personal
Development

HEALTH:
Sleep
Exercise
Nutrition
Mental Health

Academics

PURPOSE:
Charity
Volunteering
Giving Back

FUN:
Holidays
Adventures
Experiences

Career

Finances

RELATIONSHIPS:
Family
Friends (New & Old)
Romance

A decorative graphic on the left side of the slide. It features a solid yellow arrow pointing to the right, partially obscured by several thin, curved black lines that sweep upwards and to the right.

Three **people** who can support me
to as I work towards my goals are:

1.

2.

3.



Three **reasons** I must keep working
towards my goals are:

1.

2.

3.



Books

Mindset, by Carol Dweck

Leaders Eat Last & Start With Why, by Simon Sinek

The 7 Habits of Highly Effective People, by Stephen Covey

Daring Greatly, by Brené Brown

Good to Great, by Jim Collins

LinchPin, by Seth Godin

Radical Acceptance, by Tara Brach

The Effective Executive, by Peter Drucker

Hope In The Dark, by Rebecca Solnit

TED Talks

[Amy Cuddy](#) (Body Language)

[Anika Molesworth](#) (Being The Change)

[Simon Sinek](#) (Golden Circle)

[Dan Pallotta](#) (Charity Reframed)

[Rita Pierson](#) (Education)

[Angela Duckworth](#) (Grit)

[Tim Ferriss](#) (Fear Setting)

[Susan Cain](#) (Introverts)

[Drew Dudley](#) (Small Acts of Leaders)

[Brené Brown](#) (Vulnerability)

... and **me** [Josh Farr](#) (Leadership)



Campus Consultancy



Please fill in the survey:

https://docs.google.com/forms/d/e/1FAIpQLSf1o9D-oe-aSfxeW3UA5IN55rJm4WHmG9-y_XYDINw1Vx3dHQ/viewform

Connect with me on LinkedIn:

Josh Farr

