**Self-Regulation and Willpower**

Instructions: Use this worksheet to reflect on self-regulation and willpower. Items with an asterisk require completion (\*).

**1.** Summarize the main ideas from the video and article. Each summary should be at least three sentences.

A. Video – “The Science of Willpower: An Interview with Kelly McGonigal”\*

This paragraph will present a summary of the main ideas from the video. Start by watching the video and stop periodically to jot down some notes about what you have heard. After you have finished watching the video select a few main points to discuss here. Consider reflecting on the various different types of willpower. How does McGonigal suggest willpower be used?

B. Article – “Academic Delay of Gratification, Motivation, and Self-regulated Learning Strategies”\*

This paragraph will present a summary of the main ideas from the article. As you read through take time to again make some notes about the main points. Once you are finished, please write a few sentences about what you learned from the article.

**2.** Using your own words, define willpower and explain what it means to you in a complete paragraph of at least three sentences.\*

In this paragraph, be sure you provide a good understanding of what willpower means to you by defining it in your own words. **Defining** and **explaining** a concept are two different tasks (please see the Glossary below), so be sure that you address each one separately. Giving specific examples can always help to enhance your response and make it more substantial.

**3.** Think about a situation that you are currently facing as a college student that requires willpower and complete the items below.

A. In one paragraph of at least three sentences, describe the situation in significant detail.\*

For this paragraph, choose *one* situation (school-related) you are currently experiencing that requires willpower. To effectively describe this situation, try to balance **objective information** (what the situation is about-fact based) with **subjective feelings** (how you feel about it-personally based). Look through the notes you took from the video and article to find two ways in which you can use willpower to address your current situation.

B. The links to the video and article recommend very specific ways to use willpower.

Identify at least two strategies from either the video or the article that you can use to overcome the current situation so that you may achieve your academic goals. In a paragraph of at least three sentences for each strategy, explain how you can apply it to your current academic situation.

1.\* Start by reviewing your notes again on the video and article presented in the assignment prompt or feel free to reread or re-watch! Then enter Strategy 1 here. (Tip: These are academic strategies learned in your articles, readings and videos this week!)

2.\* Write strategy 2 here.

**4.** Think about a situation that you are currently facing in your personal or professional life that requires willpower and complete the items below.

A. In one paragraph of at least three sentences, describe the situation in significant detail.\*

For this paragraph, choose *one* situation (personal or professional) you are currently experiencing that requires willpower. As in the prior paragraph, make sure you balance objective information with subjective feelings. In other words, explain the situation and then share how you feel about it. Look through the notes you took from the video and article to find two ways in which you can use willpower to address your current situation.

B. The links to the video and article recommend very specific ways to use willpower. Identify at least two strategies (different than you used in the previous question) from either the video or the article that you can use to overcome the current situation so that you can achieve your personal or professional goals. In a paragraph of at least three sentences for each strategy, explain how you can apply it to your personal or professional situation.

1.\* Explain the two strategies you chose and then clearly explain how those two strategies will help you work through the situation you described.

2.\* Strategy 2 here.

**5.** Enrolling at Ashford University validates that education is one of your core values. Identify three of your educational goals that align with this core value.

There are several ways to identify three goals to answer this question. You can either use bullet points, such as:

* Goal A
* Goal B
* Goal C

Or, you can number them:

1. Goal 1
2. Goal 2
3. Goal 3

Or, you can simply identify them in sentence form, such as:

Three goals that align with education as a core value are Goal A, Goal B, and Goal C. Make sure your goals are **specific**. Some examples of these types of goals might be to get a “B” or better in PSY 202, submit all assignments on time, or improve writing grammar and mechanics.

**6.** Explain how willpower encourages choices that are consistent with your three educational goals in a complete paragraph of at least five sentences.\*

Now that you have identified your three goals, think about how you can use willpower to help you make good choices to reach them. Look at the notes you took from the video and the article for suggestions about ways to use willpower to reach your goals. Take this time to reflect on what your goals are and how you can achieve them using willpower.

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| Glossary of Terms:  **Define:** To provide an understanding or explanation of a term or concept.    **Describe:** To give an account of, tell about, or depict a situation in written words.    **Discuss:** To provide details that explore an event or situation in depth.    **Summarize:** To state or express concisely the main ideas from a source.  **Paragraph:** A set of sentences, typically **four** to **five** at minimum that deals with a specific theme or idea. |