

Strategies for Motivation

1. Set Goals. Be sure they are realistic and achievable. Make them small to start.
2. Reward yourself when you finish each task and complete an assignment. Feel good about what you have accomplished, don't just focus on what's left to complete.
3. Expect set-backs and when they happen, re-direct and renew your energy towards your goals. Don't give up.
4. Use the power of positive thinking and believe in yourself.
5. Tell others what you are trying to accomplish and seek support from loved ones or even try studying in a group.
6. Learn to eliminate distractions and organize yourself.
7. Establish routine and organize yourself.
8. Practice relaxation and meditation techniques to help your focus on certain tasks, even if only a few minutes a day.
9. Spend time reflecting or talking to others about what has stopped you from achieving your goals in the past.
10. Write things down/post reminders on calendars, post it notes, or make a to-do list and place them where you will often see them.
11. Get professional help and support to overcome physical or mental roadblocks and to bolster your efforts (utilize the Wellness Center and Student Success Center).
12. Practice self-care (eating, sleeping, & exercising). Good health is essential to positive thinking and feeling.
13. List your motivators for achieving your academic goals: extrinsic (grades, parents' praise), intrinsic (mastery of material, desire to learn) and other personal reasons.
14. Make a commitment as to when you will work on an assignment a little at a time; set dates for completing each part.
15. Break down big assignments into smaller parts and work on the assignment a little at a time; set dates for completing each part.
16. If you need a jump start on assignments, complete small, easier tasks first in order to build your confidence.
17. Ask for help if you don't understand an assignment. Obtaining clarification from a professor or tutor may put you back on the right track and decrease frustration.
18. Find ways to relate class material and assignments to your life or future career.
19. Minimize self-defeating behaviors and thoughts (e.g., procrastination, low confidence, wanting a "perfect" product) which are impeding academic achievement. Look for small successes.
20. Take short but frequent breaks to help maintain your focus.