



Motivation

Every college student loses motivation once in a while. Here are some tips to improve your motivation.

Focus First on High-impact Activities

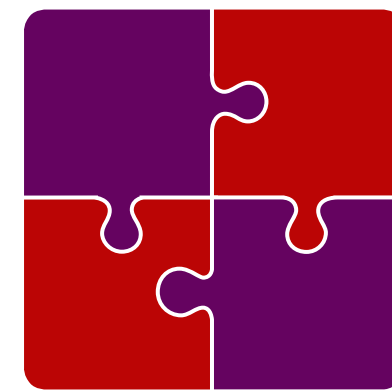
Tackle some of these bigger items off your list first. Doing those tasks that take more time and effort to accomplish first are probably the ones that you'll benefit from the most.

Determining Priorities

Preparing for an exam you will be taking tomorrow is more important than a paper due in a couple of weeks. List what you have to do in order of importance, then rearrange your time by devoting the most energy to the most urgent item. Checking items off your list can be very motivating.

Smaller Pieces

Break big assignments down in to smaller parts and begin chiseling away at each bit until the entire assignment is finished.



Avoid Distractions

Distractions can derail your project and make you lose your motivation. Do your best to find an area free of visual, auditory, and mental clutter. Study in a well-lit room. Take 5 minutes to straighten your space before you get started. Give yourself the best chance to stay focused.

Find Support

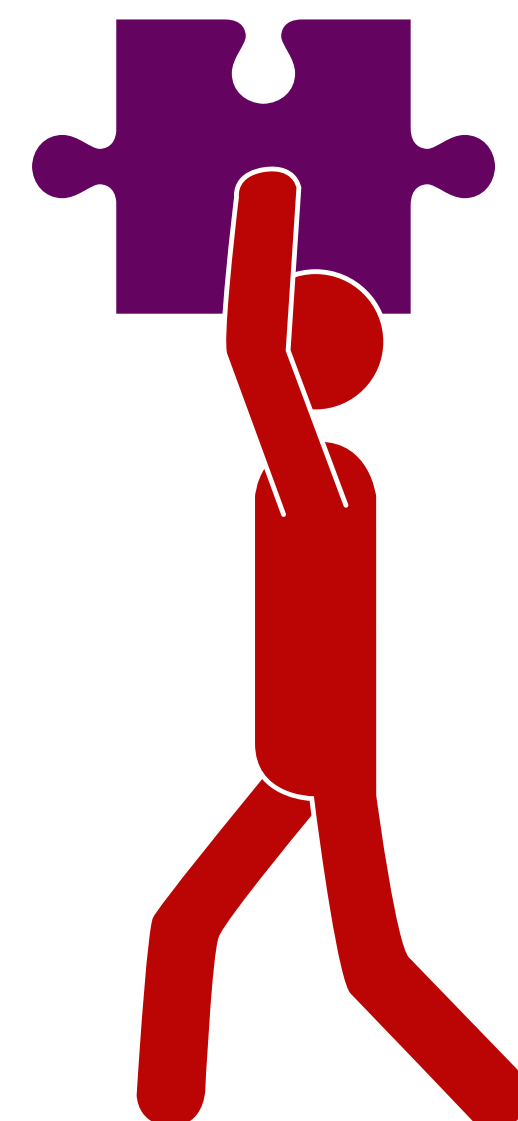
Support comes in many forms. Find a homework partner. Being accountable to another person is often an amazing motivator (just be sure not to end up talking more than working). If the assignment calls for it, work with a group. If it's a solo project, tell your friends about it. Academic coaches, peer mentors, instructors, tutors, librarians, and many others are there to help you.

Find Balance

Work with your body rhythm and know your limits. Do you study best in the morning or late at night? Do some activities leave you inspired while others drain your energy? Make sure you are eating healthy foods, exercising, and getting plenty of sleep—and don't feel guilty over it! You may find that your level of focus improves once you find your balance.

Reward Yourself

Do something nice for yourself once you've completed an assignment. Get a coffee, listen to some music, visit with a friend, stretch, jog in place, or just breathe—whatever works for you.



It's All Opportunity

Begin viewing your activities as opportunities to learn and grow. Every success begins with a challenge: it might not be easy, but it will be worth it.