Motivation

College life can become very busy. Every college student loses motivation once in a while. But if you really care about the work you are doing, 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 – Prepping for an exam you will be taking tomorrow is most likely more important than a paper due in a couple of weeks. List out what you have to do in order of importance and then rearrange your time devoting the most energy to the most urgent item. Seeing items fall off your To Do list can be very motivating.

Smaller Chunks – Break big assignments into smaller parts and begin chiseling away to completion. Most math and science work can be broken down into simpler problems.

Oh, Look, a Bunny! – Distractions can derail your project and make you lose your motivation. Do your best to find an area free of visual, auditory, and mental noise/clutter. Study in a well-lite room. Take 5 minutes to straighten your desk/room before you get started. Give yourself the best chance to stay focused and complete the task at hand.

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 another student or group. If it’s a solo project, tell your friends about it and create a group of people around you who want to help you succeed. Mentors, instructors, tutors, librarians, and many others are here to help.

Find Balance – Work with your body rhythm and know your limits. Do you study best in the morning or early afternoon? Do some activities leave you inspired while others drain your energy? Make sure you are eating healthy foods, exercise and getting plenty of sleep – and don’t feel guilty over it. You may find that your level of focus improve once you find your balance.

Reward Yourself – Do something nice for yourself once you’ve completed an assignment or task. Get a coffee, listen to some music, visit with a friend, stretch, jog in place, or just breathe – whatever works for you. Take a break and get back to it.

It’s All Opportunity – Begin viewing your activities as opportunity to learn, grow, and even impress other people. Every success begins with challenge. We're not telling you it is going to be easy. We are telling you it's going to be worth it.

Adapted: bigfuture.collegeboard.org, wikiHow.com