MOTIVATION TIPS

College life can become very busy. Every college student loses motivation once in a while. Below are some tips that can help change your mindset and remind you why you are in school and help get the motivation back.

1. Set goals. Be sure they are realistic and achievable. Make them small to start.
2. List motivators for achieving your academic goals (grades, parents' praise, mastery of material, desire to learn, etc.)
3. Make a commitment as to when you will work on an assignment. Be specific about when you want to complete it and put the date for starting the assignment on your calendar where you will see it daily.
4. If you need a jump start on assignments, complete small, easier tasks first in order to build your confidence.
5. Establish rewards for progress toward your goals. Feel good about what you have accomplished, don't just focus on what's left to complete.
6. Ask for help if you don't understand an assignment. Getting clarification from a professor or tutor may put you back on the right track and decrease frustration.
7. Expect set-backs and when they happen, re-direct and renew your energy toward your goals. Don't give up.
8. Use the power of positive thinking and believe in yourself. Overcome discouragement.
9. Tell others what you are trying to accomplish and seek support from loved ones.
10. Learn to say no to options and distractions that deter you from your goal. Obstacles are what you see when you take your eyes off the goal.
11. 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 lit 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.
12. Establish routine and regular exercise; meditation, prayer or yoga, even if it is only 15 minutes a day to start. This will help you to cultivate discipline.
13. Use positive imagery to help you achieve your goals. Imagine yourself as you will be and feel when your goal is achieved.
14. Minimize self-defeating behaviors and thoughts (procrastination, low confidence, perfections) which are keeping you from reaching your goals. Look for small improvements and small successes, as you can change behaviors.
15. Spend time reflecting or talking to others about what has stopped you from achieving your goals in the past.
16. Post reminders and inspirational quotes in prominent places about what you want to achieve.
17. Get professional help and support to overcome physical or mental roadblocks (depression and anxiety are just two examples) and to bolster your efforts, no matter how small they may seem.
18. 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 improves once you find your balance.
19. Practice extreme self care. Good health is essential to positive thinking and feeling, which will take you a long way toward achieving your goals.
20. 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's going to be easy. We are telling you it's going to be worth it.

Adapted from Allegheny College Dean of Students Office and Portland State University Learning Center