Attitudes and Habits for Improving your Motivation

1. Decide what you are trying to do in college, and then identify one thing about each class that makes it relevant to your goals.

2. Get to know your professors. This will help you understand what they want you to achieve in class and why, and you will be more motivated to do it.

3. Update your syllabus on a regular basis. Cross off the things you have completed and keep track of future due dates so you know you are not falling behind on your work.

4. Tackle projects in small steps, not large leaps. Map out each stage of a large project, and assign small due dates to hold yourself to for each stage.

5. Set a time limit for each stage of the process. If you let it, work will expand to take up all of your available time.

6. Estimate the amount of study hours per week needed for each class. Block this time off in your planner and then make sure you stick to it every week.

7. Check your weekly progress to see if you followed the study plan. If your plan is unreasonable, revise it and if you have trouble sticking to it, remind yourself of those long term goals.

8. Determine things you can and cannot change to become a better student. Knowing which things are beyond your control will make your workload feel much more manageable.

9. Minimize interruptions. Every time you check your email or look at Facebook breaks your concentration and makes it harder to keep working on the task at hand.

10. Consider the consequences before you act. Going to a party on a weeknight might be more fun than studying, but you will regret it during your cram sessions later.

11. Do unpleasant tasks first and save the best for last.

12. Join a club or participate in a campus activity. You can’t spend all your time studying, and allowing yourself a break to do something you enjoy will make the study times you do have more productive.

13. Reward Yourself.

14. When you feel discouraged, remind yourself of some of your past successes. You’ll recapture a sense of confidence which will help motivate you in your current challenges.