Tips to Staying Motivated

Listed below are some helpful hints and tips to staying motivated throughout college. It should be noted that although there are only seven tips listed here that there are far more ways in which each person can motivate themselves. Keep in mind your own unique preferences and tendencies in order to maximize your motivation.

1. **Prioritize**
   First things go first. In other words, decide which tasks need to be accomplished right away, and order the remaining tasks according to their urgency or importance. Prioritizing will allow you to not feel as overwhelmed.

2. **Don’t worry so much**
   Stop thinking about what could happen and start thinking about what you can control.

3. **Be different**
   Switch things up now and again. If you find yourself having similar assignments over and over again in a class, try looking at the concepts and ideas from a different view. Allow yourself some creativity and innovation when approaching your study habits.

4. **Set attainable goals**
   When you break tasks down into smaller chunks, it makes accomplishing a large task much easier. Not only that, but you will be more motivated to accomplish a simpler task than a more difficult, larger one.

5. **Find a support group**
   Two heads are better than one. You will be more motivated by a little healthy competition or just plain comradery among students.

6. **Get disciplined**
   Establishing good habits is just the beginning of being a disciplined student. Sometimes in order to remain motivated to complete the task at hand we have to eliminate distractions and just say “no” to nonacademic activities.

7. **Reward yourself**
   Nobody can stay motivated twenty-four hours a day, seven days a week. It is important to allow yourself some downtime, or release from academics. Rewards can give you a motivational boost. Just be sure to closely monitor your reward system to make sure it’s not a form of procrastination.