

Solve the academic puzzle

Motivation

“Your level of motivation can have an effect on your success. Even if you love your subject and want to finish college, sometimes you don't want to study or you think about doing something else. When this happens, you need strong motivation to keep going.”

© Stella Cottrell (2013)

How motivated are you?

Mark the sentences below about your own motivation.

I know my reasons for studying.

1 2 3 4 5

I set myself targets for completing tasks.

1 2 3 4 5

I can start work quickly when I sit down to study.

1 2 3 4 5

I stay focused once I sit down to study.

1 2 3 4 5

I can find the time I need to complete tasks well.

1 2 3 4 5

Total score out of 25

Tips to increase your motivation

BUILD A ROUTINE



Making a schedule helps you stick to study tasks even if you are feeling a lack of motivation.

VISUALISE SUCCESS



Picture the desired outcome at the end of your studies. This can help to bring back some motivation.

TAKE A BREAK



Going for a short walk, or a social event can actually help you be more productive afterwards.

BREAK DOWN TASKS



When faced with a big and difficult task, break it down into smaller goals that you can achieve.