



# GETTING AND STAYING MOTIVATED

# Take Care of your Body

- Stop unhealthy habits
- Eat good food
- Drink enough water
- Get enough sleep
- Exercise and get fresh air/spend time outside
- It's really difficult to focus on school when your body is not at its best.

# Get in the Right Mindset

- Think about why you procrastinate
  - It's too hard
  - It's boring
  - I'm waiting for the “perfect” time to start
  - It's so overwhelming I don't know where to start
- Think about why you are in school; What are you trying to gain by going to college?
- Don't expect to be motivated all the time.
- Remember that you can make a choice to work whether you are motivated or not.
- Visualize yourself doing the task well.

# Use your Downtime Well

- Have scheduled downtime where you're not allowed to think about school/work.
- Make good use of downtime. Spend it doing things that actually recharge your batteries.

# Develop a Support Network

- Start or join a study group. Meet regularly and help each other stay on top of things.
- Have a friend who checks up on you if you miss class.

# Schedule your Day to Maximize Productivity

- Have a routine for waking up, getting ready, and getting to school at the same time every day no matter what time your first class of the day.
- Schedule your homework/study time.
- If things are getting boring, change up some things in your day. Walk a different way to class or eat somewhere new.

# Get Stuff Done

- Work in an environment that helps you focus.
- Work in short bursts and take short, frequent breaks.
- Prioritize your time. Don't spend hours on a single homework assignment if you have an exam the next day.
- Break big tasks into smaller ones. Ex: If you're writing a 10 page paper, work on just the outline, then the introduction and conclusion, then the individual paragraphs. It's much easier to sit down and write two paragraphs than it is to write 10 pages.
- Reward yourself. After finishing a big assignment, do something fun or buy something small for yourself as a treat.