

SELF MOTIVATION

It can be difficult to keep motivated at times, whether you're doing revision, coursework or just doing chores like tidying your room. Once your mind wanders and you fall down the rabbit hole of procrastination it's often hard to get back on track. There is no single strategy that will work for everyone in supporting ongoing motivation.

However, there are plenty of options that you can try, to see if they work for you. If they do, you should incorporate them into your ongoing strategy.

1. Break the task down into manageable chunks



A big task, such as drafting an essay, or revising for an extended period, can be demotivating because it seems so big.

Breaking the task down into manageable chunks can therefore help make it seem less daunting.

For example, if you are undertaking a piece of research leading to an essay, you might set yourself a period to do your research. After that, you would plan to develop an idea for understanding of the question being asked. As you start to pull together your results, you may realise that you have sorted your work into an introduction, main conversation, and conclusion. The point is to have clear sections and tasks to do, to make it simpler and more manageable and completing them one at a time – keeping you motivated!

Research

Intro

Discuss

Conclusion

2. Keep your end goal in mind—but also use interim goals on the way!



1. This worksheet was adapted from information on <https://www.skillsyouneed.com/learn/study-motivation.html>

- click the link for additional study skills tips and resources

One of the best ways to stay motivated is to remember why you are studying in the first place.

'*Getting good exam results*' is not necessarily very motivating. Instead, you need to look beyond that to what the exam results will get you, whether that is a place at your chosen university or dream job you have always wanted.

The more detail you can provide for your goal, the easier it will be to keep it in mind. Set yourself targets – small achievements, passing a test, finishing a piece of work, or just finally organising your files on your laptop that you have had on your to do list for ages. Setting check points is an effective way to keep motivated and not overwhelmed!

3. Get into a study routine



It is generally easier to stay motivated if your studying becomes part of your everyday life and routine.

For example, you might choose to get up an hour earlier, and spend that hour studying each day, or work every other evening, or perhaps study for one day a week. That way, it is easier to avoid being distracted during your study time, because you know that it is set aside for a purpose. Your friends and family will also get to know when your study time happens, and hopefully avoid you then.

You should also ensure that when you start your study period, you minimise distractions. For example, put away or switch off your phone, so that you are not tempted to check it!

4. Try different study approaches

Especially when you first start studying, you will not necessarily know what works for you. It is therefore worth trying different approaches, to see which you find most productive.

It is also worth varying your studying to keep you interested. Some days you may want to look at one topic and try another on a different day. You may also find it helpful to vary

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your style of working. You could, for example, try working in different places, and varying whether you work alone or with friends.

You could also try different types of activities. Options include reading over your notes, writing a mind map or drawing pictures, making up songs or poems to help you remember facts, doing practice questions, or even teaching something to your friends, and having them teach you something you find difficult. Meeting as a group to share and discuss exam answers prepared by each person can give you a helpful critique of your own answer, and help you think of other ideas.

It all helps to keep you interested and motivated and stop you getting stale. Remember – you are not alone!



5. Don't let your studying take over your life



When you start a long course of study, it can feel like it is all-important. This is especially true when exams loom. However, it is important not to allow your studying to take over your life.

Especially when you are going to be studying for some months, or even years, you need to make sure that you build in time for family, friends, and exercise, to keep you feeling healthy in mind and body.

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6. There is no 'one size fits all'

There are plenty of people to tell you that they have the answer to staying motivated while studying. They may have the answer for them, but only you can work out the answer for you!

Remember –

Manageable chunks – no working for hours on end, take regular breaks.

Keep it simple – Doodles, mind maps, flash cards, whatever keeps your attention and focuses you on the task.

No Phones – I know it's difficult but social media can wait!

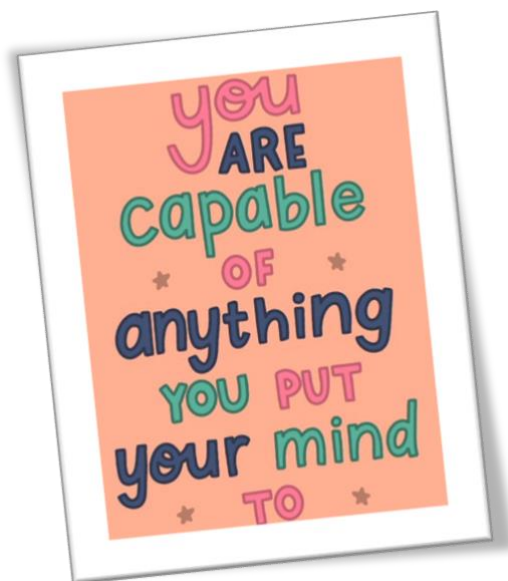
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Eat and drink – snacks are a great way of keeping you focused – less sugar – think fruit and nuts!

You have got this! If you plan and don't overwhelm yourself, you can keep on task and achieve your goals!

We hope this study skills sheet was helpful. If you have any questions or would like more support improving your Self-Motivation, please drop into the Point and ask for an Educational Support Worker



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