

Maintaining Motivation

STUDENT CENTRAL

WEBINAR SERIES



Welcome & thank you for coming

Objectives for this workshop;

- Procrastination
- What is motivation
- What motivates you?
- Tips to get yourself motivated



Remember...

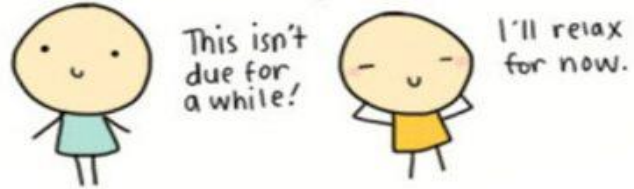
To get motivated you must realize your goals—short and long term.

Realizing why you are doing something is important, but always make sure you are doing it for the right reasons

This might sound familiar...

stages of procrastination

1. false security



2. laziness



3. excuses



4. denial



5. crisis



6. repeat

chibird
@
tumblr

We are all guilty!

We can all be guilty of procrastinating- we can all think of countless times we procrastinated!

Procrastination can have adverse affects on your schoolwork and overall happiness.

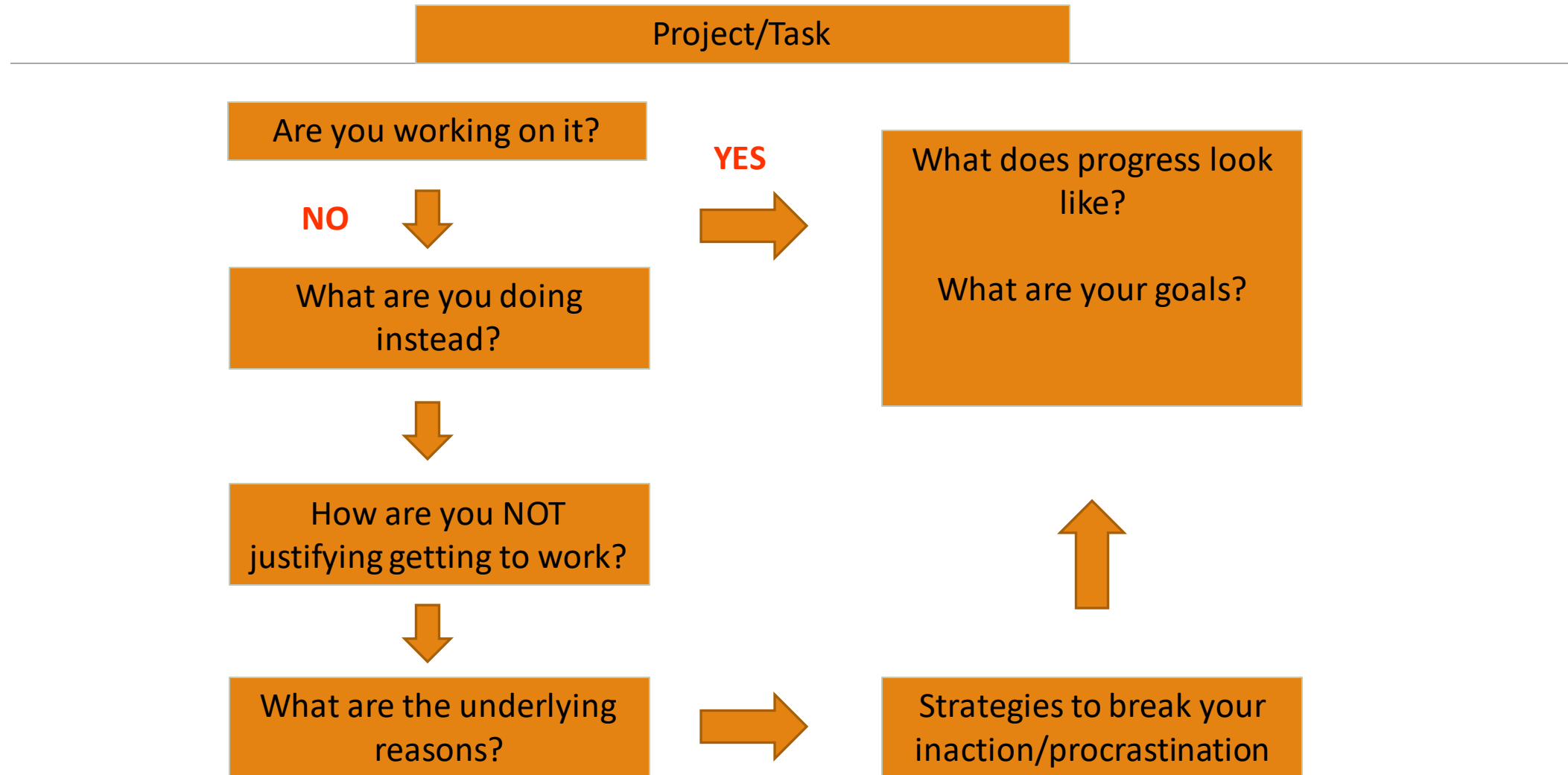
We know what we should be doing but we just don't do it.

It's easy to put off dreaded activities- Instant short-term relief.

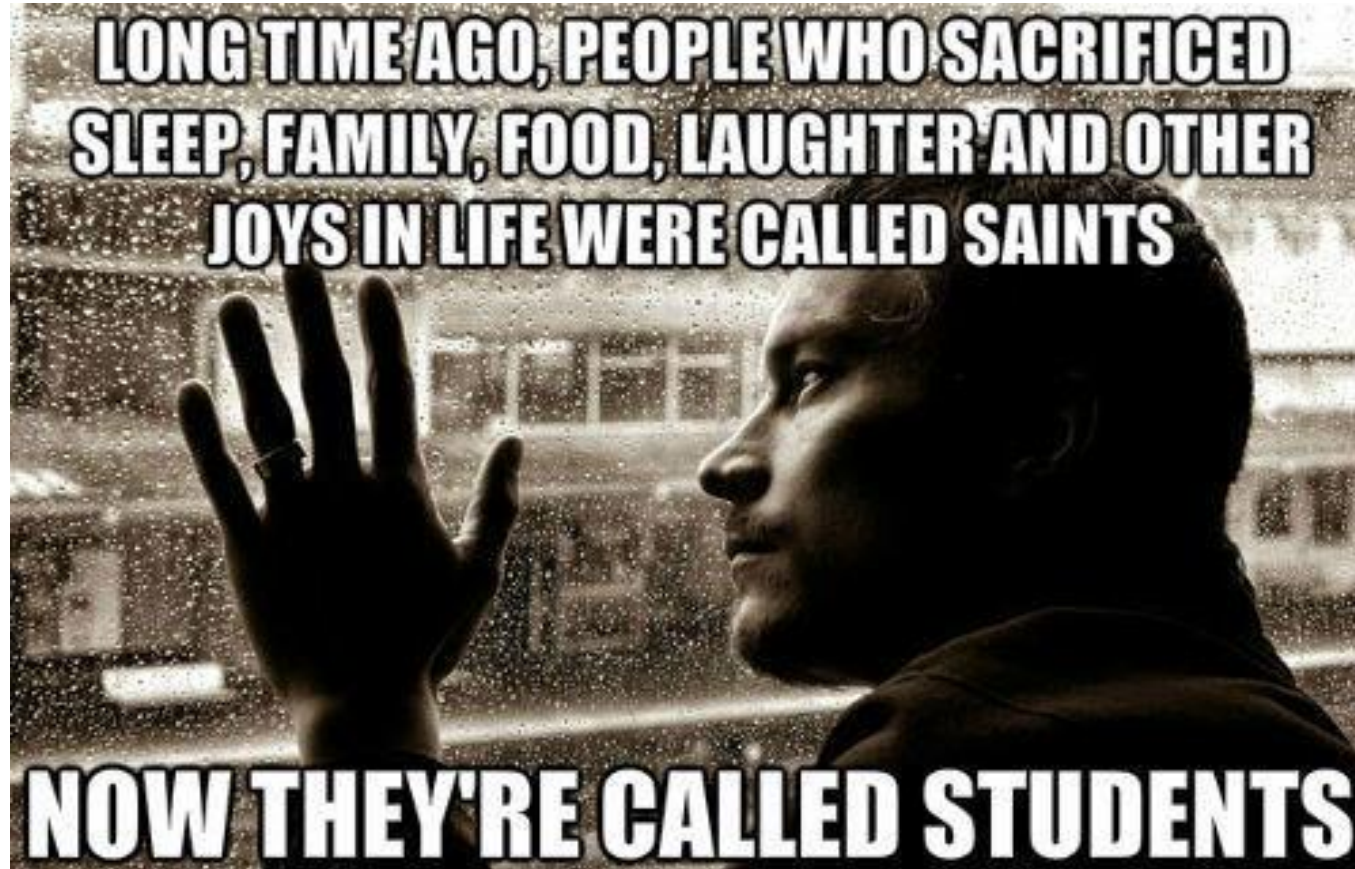
The problem with giving in to this short-term thinking is that it is highly likely that you will be faced with yet another all-nighter before a deadline, potentially in tears and very stressed trying to submit an assignment that doesn't showcase your best work!



Identifying Procrastination



Who can relate?



Of course it's hard.

**It's supposed
to be hard.**

**If it was easy
everyone would
do it.**

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

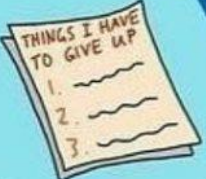
Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



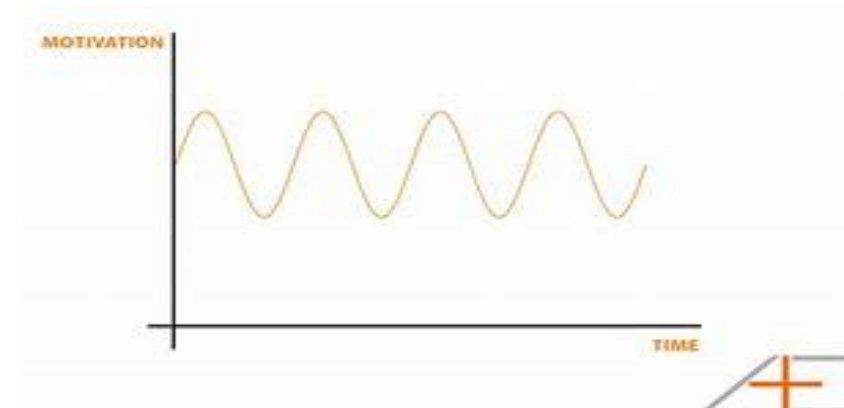
Good habits



@sylvia duckworth

What is Motivation?

- Motivation is what pushes us to achieve our goals, feel more fulfilled and improve our quality of life.
- Self-motivation is the force that drives you to do things.
- People who are self-motivated tend to be more organized, have good time management skills and more self-esteem and confidence.
- Understanding and developing your self-motivation can help you take control of many other aspects of your life.
- Everyone's motivation is different and it can fluctuate day to day!



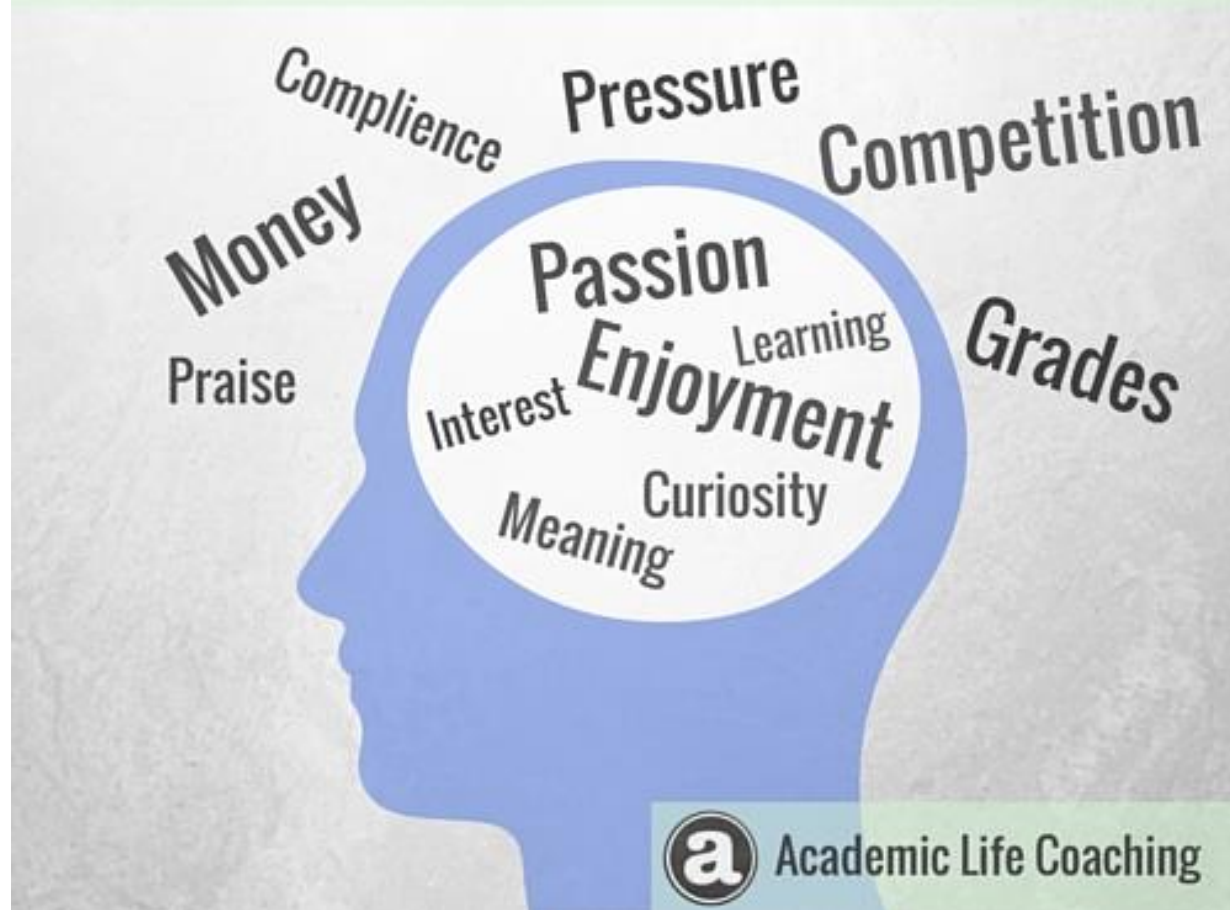
What is Motivation?

There are two types of motivation: **Intrinsic** & **Extrinsic** motivation

Intrinsic motivation reflects the desire to do something because it is enjoyable and we are not worried about external rewards such as praise or awards etc. If we are intrinsically motivated the enjoyment we experience would be sufficient for us to want to perform the activity.

Extrinsic motivation reflects the desire to do something because of external rewards such as awards, money and praise. We may not enjoy certain activities but we can be motivated to do them to receive some external reward.

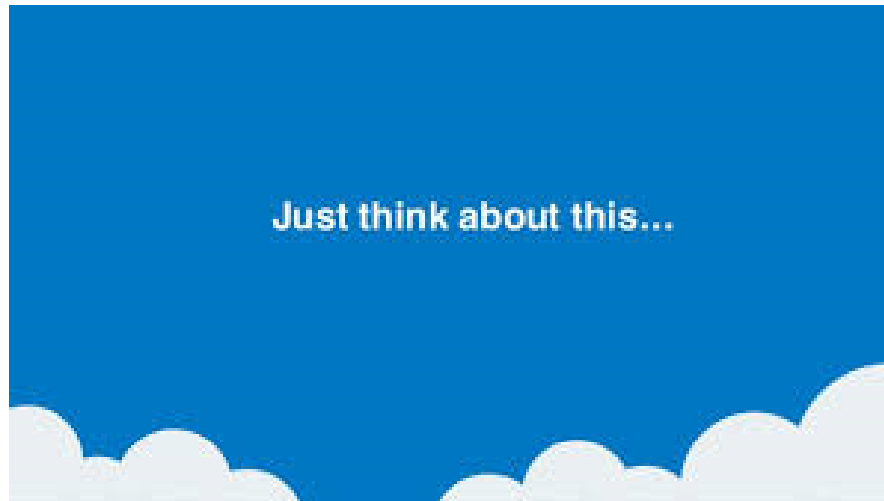
Intrinsic vs. Extrinsic Motivation



What motivates you?

Fundamental to self-motivation is understanding what motivates you

- Sounds simple?
- Let's see...



- What things are important to you?
- What get's in the way of you having those things?

Motivations, Goals & Achievement



- The more people achieve= increased self-confidence= increased ability self-motivate and achieve.
- Conversely, failure to achieve and meet goals= reduced self-esteem and self-confidence= reduced motivation to try achieve more.
- Understanding this relationship between motivation, goals and achievements will help you set realistic personal goals, which in turn will allow you to achieve more in the long-term.
- Personal goals can provide long-term direction and short-term motivation. Goals help us to focus!

Ten Tips to Avoid Procrastinating

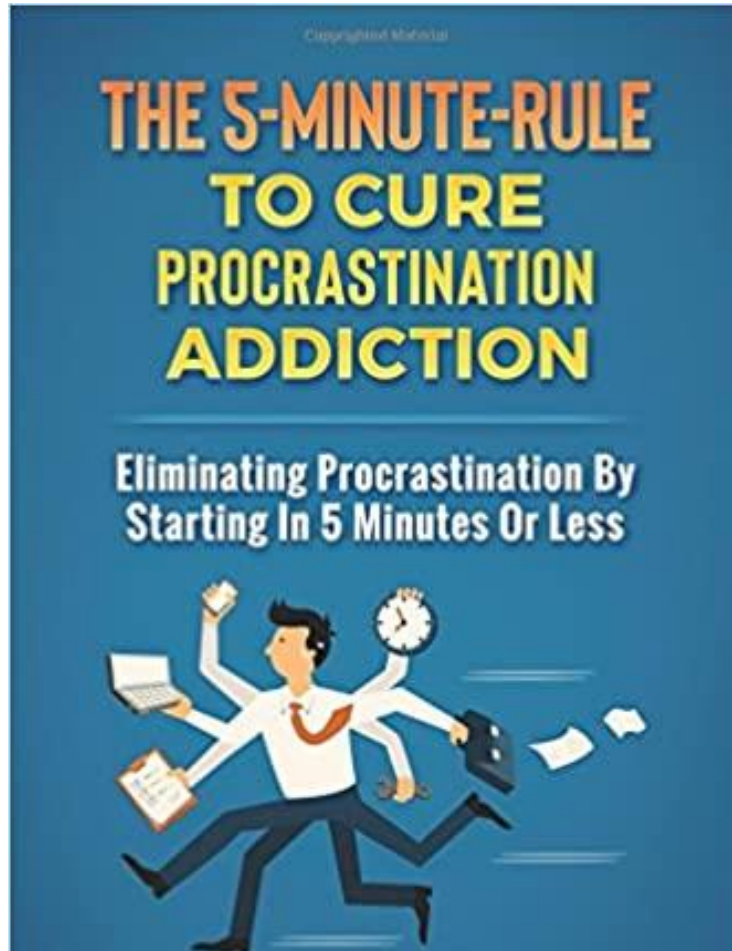


Goal Setting

- By setting clear, defined goals, you can measure your achievements and progress. If you fail to achieve the goal you can reassess your situation and try new approaches.
- Keeping your goals clearly defined and updated is one of the most powerful ways to keep yourself motivated throughout life.
- Tell someone about your goals too!! This will keep you accountable. Don't forget to reward yourself when you achieve it.



**Let's set a
SMART goal
now!**



The 5-minute rule

Get stuck in!

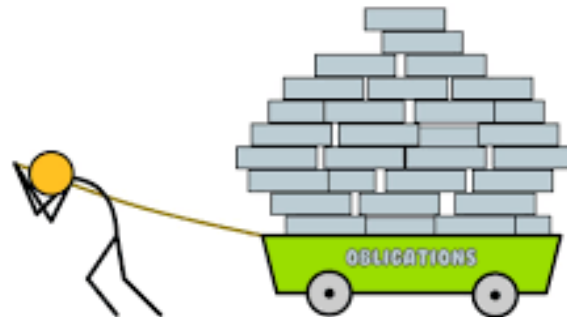
You will then get motivated

The Pomodoro Technique



The Importance of Obligation

- What about a task that has neither intrinsic or extrinsic motivators??
- Obligation motivators are not necessarily strictly intrinsic or extrinsic but can still be very powerful.
- Obligation comes from our personal ethics and sense of duty, what is right and what is wrong.
- Examples:
 - You might feel obliged to go to a party because you were invited by a friend
 - if you go to the party with an open and positive attitude this may add an intrinsic motivator of fun and enjoyment.



Pick out the Positives!

- We all know it's easier to get out of bed in the morning when we are facing 'happier activities' that day. Research shows that this is particularly important when we're under stress.
- It's much easier to cope with stress and long hours if we enjoy what we do.
- When thinking about tasks, try to identify what motivates you to do that task- think about both the intrinsic and extrinsic motivators.
- If you are having trouble getting motivated write them down and list the motivators for each and what positives will come from the activity.



Motivation Board



Task	Intrinsic Motivators	Extrinsic Motivators	Obligations	Positives?
Completing my assignment	Sense of achievement and accomplishment.	If I give it enough time, I can get a good grade. My lecturer will be really happy and I want to make a good impression	The assignment has to be done or I won't pass the course	Reading will be interesting and an opportunity to learn
Going to the cinema on Friday	Get to spend time with my friend and I enjoy movies.			Spending time with friends makes me happy
Working a double shift		More money at the end of the month to go on a trip.		

All about the balance in college!



Reward yourself
with something
you want after
you complete
something you
need to do!!

