

Motivation strategies

- ✚ **Goals:** Set yourself small, realistic and achievable goals. SMART goals (will be covered in block 3)
- ✚ **Reward yourself** when you reach your small goals and set more goals
- ✚ **Expectation:** It's important to be aware that things don't always go to plan. Don't be hard on yourself when this happens. Setbacks happen and it's important to keep going and not give up when they do.
- ✚ **Helpful thinking:** Become more aware of your unhelpful thoughts that might be distracting you from doing what you need to do. When you notice an unhelpful thoughts, say STOP to yourself and try to change this thought to a more helpful thought. E.g., instead of '*That's a terrible result, you're so stupid*' try saying '*I tried my best and next time I know what I can do differently*'.
- ✚ **Set a Routine:** It is important to make time for study as well as time for yourself. Set a routine that makes room for personal wellness and health in addition to the study time that allows you to reach your academic goals.
- ✚ **Re-evaluate regularly:** Your routine doesn't need to be seen as set in stone. At set points every few weeks, it can be useful to consider what has worked and what hasn't. This can then guide your plan going forward.
- ✚ **Consistency:** Studying is a skill and it's important to find your own way of learning and then stay consistent.

