STAYING MOTIVATED IN COLLEGE

SET SHORT-TERM AND LONG-TERM GOALS

Setting goals helps you recognize the progress you have made while also pushing you to do more.
Examples of short-term goals include achieving an A on your next exam or earning a 3.0 GPA this semester. Long-term goals can encapsulate several semesters or your entire college career. For example, graduating in four years, graduating with honors, etc.

PLAN OUT YOUR SCHEDULE AND MANAGE YOUR TIME

Managing your time helps reduce burn-out and stress. Schedule classes and assignments during times you are able to be productive and always remember to schedule breaks and downtime.

USE YOUR SUPPORT NETWORK

We all need pep talks at some point or another. Lean on your biggest supporters when you need a motivation-boost, and surround yourself with people who lift you up. If you need extra encouragement and support, consider making an appointment at the Counseling Center.

GET TO THE ROOT OF THE PROBLEM

Consider why you are feeling unmotivated. Do you understand the material needed to complete an assignment? Are you afraid of completing a project imperfectly, and therefore are pushing it off? Are you overcommitted? Remain dedicated to finding the solution.

THINK OF THE BIG PICTURE

What are you doing all of this for? Your dream career? Acceptance into graduate or professional school? Keep your goals and aspirations in the forefront of your mind when you start to feel unmotivated. The best motivation can be the end result of your hard work.

REMEMBER: Motivation happens <u>after</u> a behavior, *not before it*. Motivation is the <u>result</u> of action, *not the cause of it*. When starting a task, don't wait for motivation to strike. Instead, create motivation by starting the task.

Check-In:
Am I continuing to set both short- and long-term goals?
Am I giving myself credit for the progress I've made up to this point?
Do I feel supported?
Have I spent time considering why I am unmotivated? (if applicable)
College is a huge commitment. What motivates me to get my degree?

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