



## MOTIVATION

Motivation can be defined as an incentive that causes us to act or move forward. Being motivated is essential in college success. Avoiding procrastination is a key step in staying motivated.

Ways to avoid procrastination:

- Identify your goals and develop a clear plan for reaching them. If your goal is to study two hours for a test, then you should write out your daily schedule and designate your time for studying.
- Break a large task into smaller, more manageable tasks.
- Commit to spending 10 minutes on a project. Once the 10 minutes have passed, consider spending 10 more minutes on that assignment.
- Get organized. Change your environment so that you are not distracted by clutter.
- Think positive and believe in your abilities.

Once you've conquered procrastination, you need to get yourself motivated. Try these helpful tips:

- Be responsible. You are in college now, and it's up to you to take the initiative in contacting instructors if you are having difficulty in a class. It is also your responsibility to complete all assignments and schedule appointments with counselors to discuss your academic progress.
- Set realistic short-term goals for yourself. Break each goal into smaller tasks so you can feel a sense of accomplishment as tasks are completed.
- Remain optimistic. A negative outlook always hinders progress.
- Think of ways to reward yourself once you've completed tasks that move you toward your goals. These little incentives motivate you to keep up the good work.
- Avoid focusing on set-backs. There will be times when we are not always successful. It is more important to remember past successes. Use that sense of accomplishment as motivation to move ahead.

### **Would you like to learn more?**

**Meeting with a Counselor is an excellent step toward identifying your goals and taking charge of your motivation. A Counselor can also help you map out realistic plans for meeting your goals. To schedule an appointment, call 704-330-6433.**

Remember, we may not always have friends and family to motivate us, so it is important to learn to motivate ourselves. Avoid procrastination; it really hinders progress. Establish a routine and stick to it: this can help you avoid putting things off. You should strive to keep a positive outlook. Negativity also keeps us from being our best. Joining a study group is a good way to get involved and also get support and motivation from other students.