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.

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.

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.