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## Study Factsheet Series - No 2

# Get Motivated

## Motivations

- > Concentrate on the goal you want to achieve.
- > Desire success, don't worry about failure.
- > Break your goal into manageable pieces.
- > Desire successful achievement of each of the pieces.
- > Find out how much study you need to do each day.
- > Make sure you do that much study daily.
- > Keep doing things that have been successful in achieving your goals.
- > Do you know why you want to be successful? Maybe it would help to know?

Is it: To prove something to myself?

To give myself a sense of achievement?

To please some important other people?

To improve my career prospects?

To link up to other study?

Whatever the reason, it helps to *WANT* to study.

## Demotivators

- > Putting things off and then getting anxious about study,
- > Thinking that you "can't study" and then feeling that you "should study".
- > Getting resentful about studying.
- > Not taking a break regularly so you start day-dreaming.
- > Thinking about how hard a task will be, instead think about how good it will be to get it done.

## Procrastination – or putting things off (in this case study)

- > This is very common – usually because people are fearful of their capacity to do the job.
- > It can be a warning that you are not managing to put your study time to good use and aren't confident.
- > Maybe you are talking yourself out of studying. If you are using words like never, can't, unfair, don't like or should, in relation to your work look more carefully at what might be stopping you studying.
- > Talk about how you are feeling to someone who can help you think or see things more clearly.
- > Remember that to get things done when you are busy you have to plan.
- > Plan to begin the most urgent/important things first, and plan to finish them.
- > When the pressure increases to get things done you will need to plan even more carefully in order to succeed.

Whatever happens make sure to start studying when you plan to, this helps avoid procrastination.

Don't try to be perfect, aim for adequate, then **if you have time** polish up the result and make it better.

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