

For routine use at university:

Motivational strategies

The more motivated you are about something, the more time you are likely spend on it. Motivation is therefore an indispensable tool that will help you be successful in your studies. Here are some tips to help you motivate yourself:

Set yourself targets.

- Think about what you want to achieve this semester, which exams you intend to pass, for example.
- Think about something that reminds you of your target (a symbol, a slogan, an object) and display it visibly in your workplace.
- Make a deal with yourself and agree on what you want to have done and when. Maybe involve your friends too, as this will increase your commitment.

Reward yourself.

- Make a list of possible rewards. Work out how you want to reward yourself and then reward yourself appropriately afterwards!
- Schedule specific work periods and separate them from your leisure time.
- Enjoy your leisure time (e.g., go to the cinema, meet friends, take a walk) when you have reached your daily work target.

Celebrate your achievements.

- Record your achievements! In the evening, write down what you have done during the day.

Stimulate your own interest in what you are doing.

- Ask yourself, for example, what practical uses the material you are learning might have in your life and what it could be good for.

Develop plans for the future.

- Imagine what it will be like when you reach your target of passing the exam. How will you feel? What will you do?

For routine use at university (continued):

Motivational strategies

Motivate yourself mentally.

- Think positively: “I can do this!”
- Banish phrases like “I can't do that!” or “it's so boring, exhausting, and way too difficult!” from your vocabulary. Think the kinds of thoughts that can help you achieve your target (e.g. “I don't want to, but if I do then I can do something nice afterwards.”).
- Make a conscious decision for or against studying, e.g. using a list of pros-and-cons.

Stronger together.

- Form a study group.

Ask for support.

- Ask other students, tutors or teachers if you don't understand something.