

## How to Stay Motivated in College

### ASSOCIATE YOURSELF WITH SUPPORTIVE PEOPLE

Having someone to vent to if you're feeling overwhelmed can be beneficial. Think of at least five people that you could go to if you needed some extra support, then step outside your comfort zone and ask for support when you need it. Don't let yourself be the only motivation you have to get through the college years.

### START EACH DAY WITH A LIST OF MUST-DOS

When you have three tests and two papers due within five days of each other, everything is going to start to seem like a priority. Instead of allowing yourself to feel overwhelmed and unmotivated, start with a list of just three things that absolutely HAVE to get done that day (prioritizing items based on due dates and grade weight).

### WRITE DOWN YOUR GOALS (BIG AND SMALL)

Print out a physical copy of your degree plan and post it up on your wall, checking the classes off every time you complete one. Create a checklist on a whiteboard or calendar so that you can see what assignments need to be completed each week and when. These will help you stay on track while also showcasing your accomplishments!

### QUIZ YOURSELF EVEN BEFORE YOU FEEL READY

One of the best ways we learn is by quizzing ourselves throughout the entire process, not just before a test. Go grab a pile of index cards and get to work!

### THE NEXT TIME YOU SAY YOU'LL "DO IT LATER..."

Have yourself work on the assignment for at least five minutes. If you're just not feeling it after the five minutes are up, then stop and move on with a different activity. The funny thing is that students actually find themselves getting the assignment done instead.

### FIND TOOLS OR PRODUCTS THAT MAKE STUDYING EASIER AND MORE ENTICING

If you're tech savvy, use electronic note taking apps, dictation devices and calendars. If you're more of a creative mind, grabbing a comfy blanket and an organized planner may be better for getting work done.

### SET UP A REWARD SYSTEM

No matter how busy you get, it's important that you set aside some "you" time. IT'S OK to veg on the couch for a little while and watch one of your favorite TV shows, go get some ice cream, read a book, or do something else you don't normally get to with your busy schedule. The important thing is to make sure to schedule your free time in accordance with your study time. Use free time as a reward.

### BE THANKFUL FOR THE OPPORTUNITY

Getting to experience college is a gift, one that not everyone will get to have during their lifetime. This is your chance to do something great with yourself. This is a great step in reaching your dream career, working at a company you admire, or to gain knowledge in an area that interests you. Never take this opportunity for granted.

### NEVER STOP PUSHING FOR BETTER

How well you do in college is ultimately up to you. Take these study tips and tweak them to fit your needs. Start making some specific goals and must-dos for yourself. Hold yourself accountable and push yourself to study outside of your comfort zones a bit.