

Super Charge Your Education!

MOTIVATION

Goal Setting

Meeting small goals is motivating! Big assignment got you stressed? With big projects, it can be difficult to know where to begin. First, *break the assignment into smaller, achievable steps*. Each time you complete one of these steps, you know you're making progress toward the big goal.

Remember the big picture. Keep your ultimate goal in mind. If graduation with a degree is your goal, use that goal to keep you going. Remember that everything you do, no matter how small, is one step toward that goal. Not looking forward to your math homework? Remember that homework is necessary to pass the class, and the class is required for graduation. Don't give up on your goal of a college degree just because you didn't feel like doing your math homework!

Set realistic but challenging goals. Your goals should be reachable. It may be more realistic for you to plan on a C or B in a challenging class than to tell yourself you will get an A. If you promise yourself an A and then don't meet that goal, that erodes your motivation. On the other hand, don't sell yourself short. You want your goals to stretch you a little so you can be proud of your progress. Maybe a C in the challenging class is easy, but you know you could get a B if you tried hard enough.

Write down your goals. Write down your goals in your planner or daily To-Do list where you can see them every day, which will motivate you. And when you meet the goal, celebrate!



Celebrate Small Achievements

If your only goal is to graduate, you won't get to celebrate for at least four years! Remember, that big goal is made up of many small goals—like passing that one challenging class you've been worried about, or making an A on that test you studied so hard for, or balancing your classwork and not missing any deadlines while in-season for your sport. Find ways to celebrate and reward yourself when you meet these small goals.

Stay Organized



Missing deadlines negatively impacts your grades. Once your grades start to slip, so does motivation. Stay proactive by keeping a calendar or planner and using it daily. One way to make sure you never miss a deadline is to keep a daily To-Do list. Look through all your syllabi and your weekly or monthly planner at the start of every day and write down what you need to work on. Write down not only what is due that day, but what is coming due soon so you can start working on it in plenty of time to produce quality work.



Keep everything simple and don't overload Yourself. We often get overwhelmed when we see multiple things due on one day. Plan ahead; take everything one step at a time. --Junior history major & ARC tutor

Don't Let Failure Derail You

Realize ahead of time that you are going to have failures, both big and small. Everyone does. Don't let your failures defeat you. Own the failure! Figure out how it happened and what you can do differently in the future to avoid a repeat of that failure.

Procrastination

Procrastination and motivation are connected. "I work better under pressure" is an excuse many of us tell ourselves. What we are really saying is, "I can't muster the motivation to get started unless I'm in emergency mode." To overcome procrastination, find a small task to get you started, and then jump in. Don't want to get started on that big paper? Just open a Word document, save it with a title, and type a paper title. Then reread the assignment description. Before you know it, you've started!

FAILURE IS NOT THE OPPOSITE OF SUCCESS, IT'S PART OF SUCCESS.