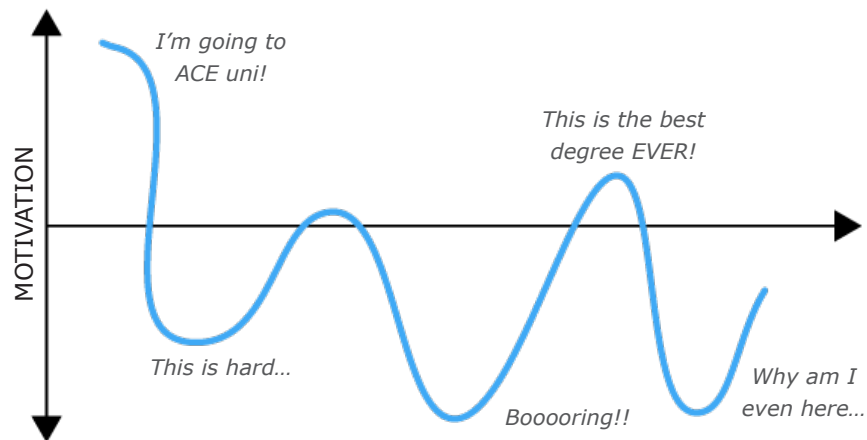


# Staying motivated

## Motivation fluctuates

To succeed at uni you need to feel motivated. This isn't always easy.



There is no simple solution to staying motivated. You need to find strategies that work for you.

## What motivates you?

What motivates you to complete your degree?

What skills and capabilities are you developing during your degree?

## What motivates other students?

Feeling of completing a challenge is very satisfying.

My love for my topic.

Satisfaction of improving yourself (plus [money] earned in the future).

Knowing that I am working towards making myself as resilient as possible, career-wise.

## When you're not feeling motivated

### Goals

- Be clear about your long-term goals.
- Why are you doing this course?
- What do you want from your study?
- What transferable skills will you gain?

### Start small

- Set short-term targets or challenges.
- Break down big tasks into small achievable goals.
- Start with something easy.

#### Student tip!

"I break it up into little chunks so I can concentrate on getting some progress (...) everyday."

### Reward

- Reward yourself on completion of a task.

#### Student tip!

"Plan[ning] events to look forward to. Day trips, picnics with friends, going to gigs."

### Peers

- Study with peers or form a study group. (This may work depending on whether studying with others motivates or distracts you!).

### Balance

- Remember there's more to life than just work.
- Make sure you schedule time out and activities you enjoy.

### Ask for help

- Especially if your lack of motivation is due to a lack of confidence to complete the task.
- If you're unsure, ask your lecturer and tutors.
- Develop your study and research skills using Libraries and Learning Services resources.