

Motivated Students:

- * Nurture and develop enthusiasm and motivating self-talk.
- * Set clear and achievable goals.
- * Use strategies that support their learning efforts.
- * Are proactive and not re-active. They make things happen!

MOTIVATION

HOW TO GET MOTIVATED

Cognitive Restructuring:

It is easy to secure and sustain motivation when it is something we enjoy, but it is much more difficult to muster the motivation for things we find boring or challenging. However, even though it is difficult to find motivation, it is not impossible. We can actually rework the way we think and change the things on which we dwell, so that we can achieve motivation for all areas of our lives, especially academics. This reworking or changing is called **cognitive restructuring**.

Cognitive Restructuring Strategies:

- Journaling—Write down the negative, self-defeating thoughts then restructure those thoughts to motivate yourself

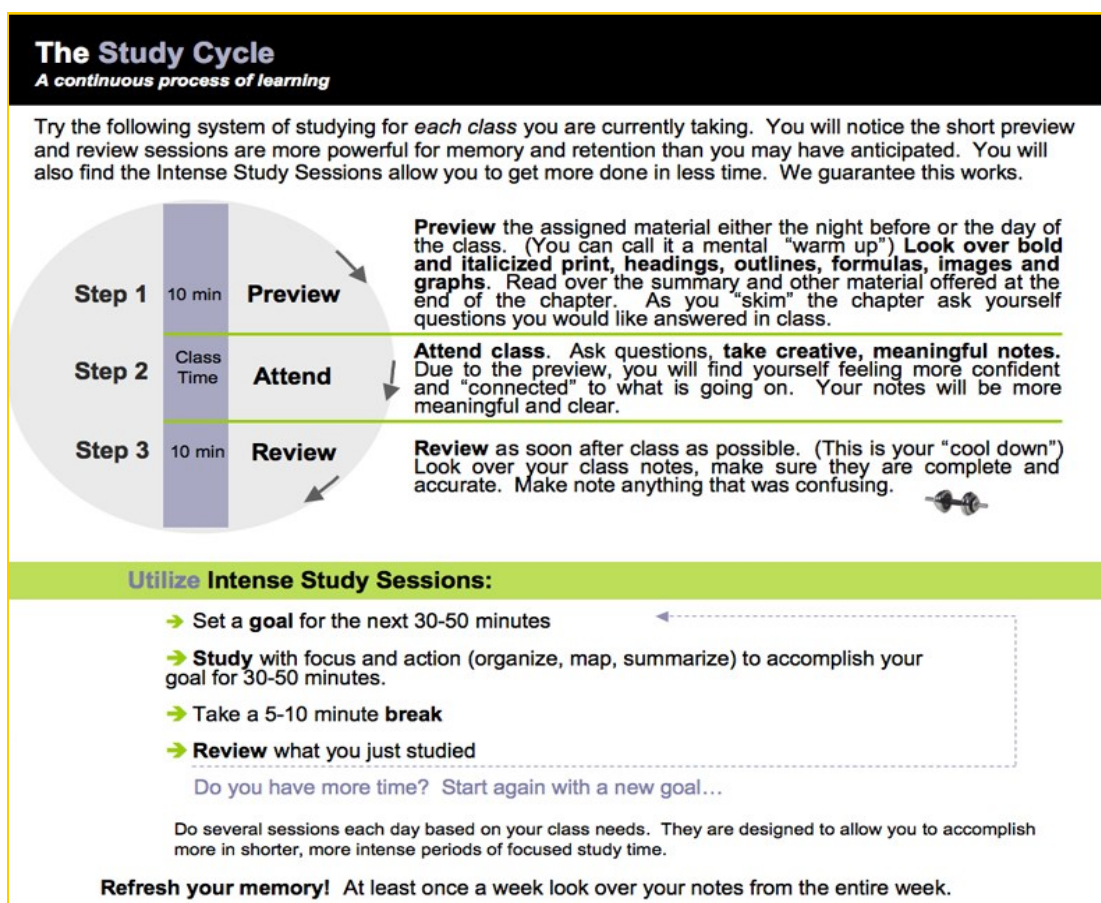
Negative Self-Talk Traps	How to Restructure the way you think:
"I am a terrible student."	"Although I have not done great in school so far, I know I can get better and begin by trying some new approaches to studying and learning. It is worth a try."
"I MUST get an 'A' in this class no matter what."	"I would love to earn an 'A' in the course, but I am going to release myself from the pressure of a grade, and focus my energy on learning the material. I also know that my worth is not based on my grades."
"I have no idea what I am doing at college."	"It is time I figure out what I am doing with my life and where I am going in my life."
"I am not into this subject, but I have to be here."	"I may not be enjoying this class, but rather than dwell in this negative place, I am going to take some action and find a way to learn and enjoy the material."

- Set Goals—create short and long term goals that are achievable. Goals and objectives should be SMART
 1. Specific—articulated in a clear and simple statement
 2. Measurable—for a goal to be reached, you have to be able to measure it along the way
 3. Attainable—you have to be realistic. Under some circumstances, optimism is helpful, but if you set a goal of reading two chapters in economics in an hour, you are setting yourself up for failure.
 4. Relevant—your objective must match up with your end goal.
 5. Time-based—sometimes it is hard for individuals to predict how much time it will take to achieve a particular goal. Once you've determined what you will be doing in a daily study session, give yourself a time deadline to complete your task.
- Understand the phases of motivation—consistently high motivation is almost impossible to maintain. You need to realize that your motivation may start out high, wane a little as the thrill diminishes, pick up again as you restructure your thinking, and reach another high as you have renewed resolve to change.

"MOTIVATION IS A FIRE FROM WITHIN. IF SOMEONE ELSE TRIES TO LIGHT THAT FIRE UNDER YOU, CHANCES ARE IT WILL BURN VERY BRIEFLY."

- STEPHEN R. COVEY

- Get out of the rut!- do not continue to use the same study strategies (or worse yet no strategies) if they are not helping you succeed. Use the study cycle and intense study sessions to help you achieve meaningful learning.



**FOR MORE INFORMATION
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No More EXCUSES!

- ◆ Get positive! Decide that you and your future are worth making the investment NOW!
- ◆ Realize that every hour wasted today will significantly decrease your career success and earning potential later.
- ◆ Surround yourself with friends who are supportive of your academic pursuits; drop the negative, self-centered ones with all of the issues!