TEN TIPS FOR INCREASING YOUR MOTIVATION

- **Set challenging but realistic goals.** You will be more motivated to complete tasks when you feel that they are challenging and yet attainable—within your reach. You may also find that thinking of each task as a step toward achieving your long-term personal or career goals helps keep you motivated.

- **Set learning goals.** Decide what facts, concepts, or ideas you want to learn before beginning to work on a task. Setting learning goals can motivate you to put more effort into a task.

- **See the value in the task.** Understanding why you are doing the task—seeing the importance of the task—can motivate you to complete it. You may also find that you have a personal interest or find enjoyment in completing the task.

- **Have a positive attitude.** As you begin a task, think about similar tasks that you completed in the past. Knowing that you’ve done the task before can increase your self-efficacy and lead to greater motivation.

- **Use positive self-talk.** When working on a long or difficult task, you may find that telling yourself that you can do it, why it’s important, or that you are almost done can keep you going. Reminding yourself that you are good at math, for example, can help motivate you to study for your upcoming math exam.

- **Break down tasks.** Some students have trouble getting motivated to start a task that appears to be long and difficult. By breaking down the task into parts (listing and working on them one at a time), you can make it more manageable. By doing so, you can increase your motivation.

- **Monitor your progress.** Checking off or crossing off each part of the task on your “To Do” list as it is completed can give you a sense of accomplishment, which motivates you even more.

- **Monitor your learning.** Answering your own self-test questions, taking end-of-chapter tests, and reciting from memory are just a few ways of monitoring your learning. When you know your time, effort, and study strategies are working to help you learn, you’ll be more motivated to continue working.

- **Create interest in the task.** You can also increase your motivation by making the task more interesting. If you’re not interested in the material you’re reading, you can create interest in the task by taking notes or generating self-test questions in the margin to make the task more interesting.

- **Learn from your mistakes.** Learning why you were unable to successfully complete a particular task or achieve a specific goal can also increase your motivation. Knowing what you need to do differently can help you be more motivated to work hard after a “failure.”