

GETTING MOTIVATED

Everyone faces motivational problems at times. Motivation can be affected by poor organization, the location where studying occurs, an absence of or poor study skills, distractions, interruptions, lack of specific short term and long term academic and career goals.

Begin identifying your motivational problems by asking yourself the following questions:

- Which subject(s) cause me the greatest motivational problems? Are they too hard or just plain boring?
- Do I have specific goals when I study?
- Is there a time of day or day of the week that I have the greatest difficulty getting motivated?
- Is the place that I study related to my motivational problem? Why?
- Are there too many distractions when I study? Is the chair too hard/ too comfortable? Is the room too dark/too bright? What is the room temperature?
- Do I have a physical condition that is contributing to my lack of motivation? Am I getting enough sleep? Am I eating nutritional food and staying hydrated? Do I need glasses?
- Is my lack of organization related to my lack of motivation?
- Is my frustration or low self esteem over poor grades or personal issues contributing to my lack of motivation?
- What are my educational and career goals?

Of the issues identified, circle 4-5 that have the greatest negative influence on your motivation. Now let's focus on potential strategies for overcoming the problems identified so you have a clearer picture of what you need to accomplish and improve in areas that are holding your success at bay.