



# RECHARGE YOUR MOTIVATION

Center for academic success and achievement

We all feel unmotivated at times. How can you get back on track? First, think about what the problem might be (procrastination, low self-confidence, bad or lack of study habits, stress). A lack of motivation does not mean you are lazy. There are a lot of different barriers we face when trying to stay motivated. When we can't figure out what is impacting our motivation it tends to spiral- the wrong direction. Try these suggests to recharge your motivation.

## REEVALUATE YOUR GOALS

Are your goals specific, measurable, realistic, and flexible? If they aren't this lack of direction could be causing you to feel unmotivated. Sometimes you can reclaim your motivation by reworking your goals. We all want "good grades" but that's a shitty goal, how are you going to get there?

## ADD MORE CHOICE TO YOUR LIFE

Are you feeling negative about college in general? Try thinking about how you can add more choice to your life. A lot of what you have to do is prescribed but there are choices hidden within the prescription. Yes, you have a research paper to write, do you get any say over the topic? Consider the choices you are making, are they getting in the way of your success?

## ASK FOR HELP IF YOU NEED IT

Is life getting in the way of school? We all need help at some point in our life and there are a lot of people on campus who want to help you. Please reach out to a CASA staff member or call Student Health and Counseling to set up an appointment. There is no problem too big or too small.

## TRY TO RECOGNIZE WHEN YOUR MOTIVATION BREAKS DOWN

What kinds of things lead you to become unmotivated? Once you can pin them down you are better able to make adjustments.

## PRIORITIZE

Sometimes our motivation slips because we feel overwhelmed, and often this means nothing gets done. One good solution to this problem is make a list of everything that needs to get done. If there are big things on the list, like *write research paper*, split it into small manageable tasks. Organize the list based on priority, what needs to get done first?

## DON'T HIBERNATE

Often when we feel unmotivated, all we want to do is curl up under the covers and hope it goes away. However, the best way to overcome a lack of motivation is to do the opposite. Try moving your body, make plans, take a shower, drink some water. If it feels like too much just pick one thing and start there.

## GET SOME SLEEP!

When your sleep cycle is out of whack it can impact all kinds of things, your motivation is one of them. How can you stay motivated if you can stay awake?