



MOTIVATION:

Finding it and Keeping it!



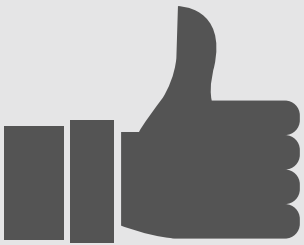
REMEMBER YOUR GOALS

If you're struggling to get and stay motivated for your classes it can be good to remind yourself what you're working towards. Making progress toward a degree? Close to graduating? Passionate about your future career? Continue to remind yourself that what you do now will pay off in the long run.



TREAT YO SELF

Do better with a task when there's something to look forward to when you're done? Set up a reward system for yourself. Finish an assignment? Treat yo self! Maybe it's a break, a walk, ice cream, or watching your favorite show. It's ok to reward yourself if that helps stay on track.



FAKE IT TIL YOU MAKE IT

Sometimes no matter what we do it's hard to find genuine motivation. When this happens try pretending you're motivated and see what happens. Even if it's only for a single task oftentimes that will create the momentum you need to keep going.



ORGANIZE, ORGANIZE, ORGANIZE

Motivation and time management go hand in hand. The more organized you are the more efficient you will be at completing tasks and assignments. Set up a space in your home dedicated to just school work (if possible). Make a list of tasks that include due dates and then prioritize those tasks based on when they're due.



BABY STEPS

Don't be afraid to start with something small. The feeling of accomplishing even a small task can reiterate how good it feels to complete something. This can begin to build momentum until you're completing larger and larger assignments, goals, and tasks.



FAIL

Getting started can be one of the toughest hurdles to overcome. This is often due to the fear of failing at the task at hand. Don't forget that even failure teaches us valuable lessons and we can use that knowledge on our next attempt. Don't give up easily - get gritty and dig in!

STILL NEED SUPPORT?

MAKE A VIRTUAL OR PHONE APPOINTMENT WITH A STUDENT SUCCESS ADVISOR TODAY!!!!

****MAKE YOUR APPOINTMENT ONLINE VIA THE WCS BUTTON IN YOUR PORTAL****