



Motivation

What can I do when I get discouraged?

Rethink why you're here.

Write down your goals for this semester. What do you want to achieve? Once you're convinced that the work in your program is linked to your goals, you'll be more willing to work.

Here are some questions you can ask yourself:

- What are my lifetime goals?
- What are my goals for the next 3-5 years?
- What are my goals for this coming academic year?
- What are some things I need to do to accomplish this year's goals?



Attend classes.

Nothing lowers your chance for success more quickly than skipping classes. And it's hard to get caught up after you have been away.

Get on top of things.

Set yourself deadlines to get caught up, and stay that way. Buy an agenda or a dry erase calendar to keep track of your assignments, tests, and appointments.

Make college your full-time job.

It must be the number one priority while you are here. If you are committed to your college studies, other activities need to take second place, including working and going out with friends.

Change your strategy.

Sometimes, you may feel bored of studying because you are not using a study strategy that benefits you the most. Try some of the following strategies to refresh the way you study:

- Form a study group with your classmates to exchange notes, discuss course content, and quiz each other.
- Create concept maps.
- Draw diagrams, lines and arrows in your notes to connect ideas.
- Use highlighters to colour-code information.
- Put theoretical ideas into real-life examples.
- Take short breaks while you study—don't overload yourself!

Reward yourself when you've done your best.

We all need this to encourage ourselves. Here are some suggestions of how to treat yourself after achieving schoolwork objectives:

- Go out for a movie with friends.
- Eat out at your favourite restaurant.
- Relax and enjoy a favourite hobby.



You're in charge.

Remind yourself that you can study, work on an assignment, etc., even if you don't feel like it. If you wait until you feel inspired, and have three or four hours of free time ahead of you, you may be waiting forever. These two things rarely happen together.