STUDY SKILLS  Manage time. Study smarter. Achieve goals.

Motivation Hacks

- Focus on the learning experience rather than simply the grade. Connect what you are learning to real life.
- Use positive self-talk and root out any fixed mindset thinking. Maintain a sense of humor.
- Lost your drive? Refocus by putting goals down on paper and planning out how to achieve them.
- Accept constructive criticism and find ways to improve.
- Set aside the time necessary to be prepared for class, and reflect on how good it feels to be prepared and in control.
- Get competitive with yourself. Take a challenge head on, and see what you are capable of accomplishing.
- Recognize when you have made progress, and reward yourself.
- Set long-term goals. How does academic success now help you reach your professional and economic goals in the future?
- Analyze the results of your behaviors. Achieve success? What did you do right? Failure? How can you improve?
- Reflect on your motivation and talk regularly with a mentor, counselor, advisor, or professor. Use campus resources.

“The power of a mantra. Find a motivating quote you like, and make it visual in your space. Write it on a whiteboard, or even create a piece of art with it.

Follow up on this handout!

- Attend Success Strategies and/or Developing Your Academic Motivation workshops
- Schedule an appointment to talk with a Study Skills advisor