## **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 competitve with yourself. Take a challenge head on, and see what you are capable of accomplishing.



Recognize when you have made progess, and reward yourself.



Set long-terms 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?



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Reflect on your motivation and talk regulary with a mentor, counselor, advisor, or professor. Use campus resources.

Stop wishing, start doing.

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