

Tips to increase motivation

Below you will find a list of tips that you may find helpful if you wish to increase your motivation:

Set yourself goals

- Determine what you wish to achieve this semester – for example what exams you want to take and what grades you would be happy with.

Treat yourself

- Treat yourself for your achievements!
- Make a list of rewards.
- Determine exactly when you want to work and make sure these timeframes don't interfere with your free time.
- Once you have reached your daily workload, enjoy your free time. Go to the cinema, see a friend or go on a walk.

Appreciate your achievements

- Take note of your achievements!
- In the evening, make a list of the things that you achieved throughout the day.
- Embrace the feeling you get when you've had a successful day of studying.

Show interest in what you're learning

- Ask yourself how you can apply what you've learned and how it can benefit you.

Envision the future

- Envision how it will be once you've achieved your goal and passed the exam.
- How will you feel? What will you do?

Motivate yourself

- Think positively!
- Avoid sentences like "I won't manage!" or "I'm not good enough!"
- Think about what thoughts will help you achieve your daily workload.

Cooperate with others

- Motivate one another by working in groups!
- Set yourself mutual goals in your group. You will feel obligated to continue working towards them.
- Work in teams where you motivate and support one another.

Be open to receiving help

- Feel free to reach out and ask your teachers or fellow students if there's something you don't understand.

If it feels like nothing is possible then

- Analyse your failures (How were you feeling on the day? What revision strategies had you been using? How much time did you have to prepare?)!
- Think about what you can learn from this.
- Avoid describing yourself as "stupid" or "incapable".
- Stop working if you realize that you're not able to carry on regardless of what motivation strategies you're using.
- Take a break or take care of other work that needs doing.