HOW TO GET MOTIVATED
Tips from the folks at C.L.A.S.S.

Motivation is defined as "The reason or reasons one has for acting or behaving in a particular way; the general desire or willingness of someone to do something." (Per the Oxford Living Dictionary)

REASONS WE LOSE MOTIVATION

Lack of focus or direction
If you don’t know what you’re working towards, it can be hard to get started.

Lack of confidence
If you don’t think you can succeed, it might not seem worthwhile to put in the effort.

Lack of physical energy
If you’re exhausted or distracted, staying motivated can be a challenge.

FOCUS & FIND YOUR DIRECTION

Set "SMART" goals - Specific, Measurable, Attainable, Relevant, Time-Bound

Create an action plan that outlines the steps you need to take to accomplish your goals.

Be persistent - don’t give up or let yourself get overwhelmed.

BE CONFIDENT

Focus on the positives - your strengths, progress, and successes.

Use your support system - mentors and role models who keep you motivated.

Recognize, attack, and adapt to your weaknesses.

PRACTICE HEALTHY HABITS

Take care of yourself - diet, exercise, and sleep.

Practice time management and stress management.

Don’t be so hard on yourself - maintain a positive mindset.

MAKE IT FUN!

Make connections between the material and your life/interests.

Create a game out of studying and compete with classmates.

Reward yourself - make a reward the motivation for completing the task.

QUESTIONS/CONCERNS?

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