Keys to Motivation

Write out a plan for yourself
List down personal and academic goals and priorities, and review them regularly.

Break difficult assignments into small tasks
For example, an essay can be broken into a number of tasks including: understanding the question; initial research; summarising and organising the information; first draft, editing. Be proud of each task you complete.

Expect a certain amount of tension
Use that tension as energy to get yourself moving.

Be in control
You can influence your academic outcomes through careful planning and hard work. Academic successes are linked with study skills, organisational skills and your effort.

Bouncing back
Don’t accept failures as a final outcome. Reframe them as a learning tool.

Face your fear
Don’t let your fears stop you from trying.

Learn how to succeed, learn about motivation
Dependency on others for knowledge is a slow, time consuming process. You have the ability to learn without instructors. Regularly remind yourself of the reasons why you chose to study at university.

Socialise with others of similar interest
Mutual support is motivating. Research shows you will develop the attitudes of your five closest friends.

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