

Strategies to increase your motivation

Set personal and meaningful goals ^[4]

- Use short-term goals to work towards long-term goals ^{[5][8]}
- Set learning goals instead of performance goals ^{[8][15]}
- Track your progress and create accountability for yourself ^[13]
 - The WOOP (Wish, Outcome, Obstacle, Plan) framework is a handy tool! Instead of just imagining success, anticipate and plan for possible obstacles! ^[3]

Use resources and support ^[13]

- Build belonging, create a network, share purpose ^[10]
- Increase accountability ^[13]
- Improve your ability and skill to increase your confidence ^[4]
 - Consider your many options: office hours, P2L, MCLC, Writing Center, advising, College Life Skills Coach, CAPS, SDAC, the Career Center, Wahoo Well, and more!

Focus on approach motives ^{[2][12]}

- Consider the reasons to do the task (value) and why you might succeed (expectancy) ^[11]
- Make the process more enjoyable somehow. ^[11] For example: listen to music, call a friend, light a candle, study with a friend, study in a pleasant or novel spot, have a favorite snack while you work, etc...

Change your identity

- Stop thinking of yourself as someone who is unmotivated.
- Adopt a new identity, such as *"I am someone who is motivated!"* and then act like it ^[11]

Make your environment work for you ^[10]

- "...why rely on willpower when you can just change your situation?" ^[7] For example, use a website blocker, leave your bedroom, remove the temptations, etc....

Use a timer

- This can help "prove to yourself that it isn't as bad as you think" ^[11]
- Try the Pomodoro technique: set a time for a short amount of time (ex. 20 minutes) to focus on a task, then take a short break. Repeat!

Make your to-do list realistic and more manageable ^[11]

- Prioritize, cut, or reschedule unessential tasks ^[11]

Practice self-compassion! ^{[1][9][11]}

- Speak kindly to yourself, even when you fail
- Consider how you might speak to a friend to cheer them on and call them to more ^[11]

Take care of yourself! ^[11]

- Prioritize sleep, exercise, nutrition, and hydration ^[6]
- Practice stress management techniques ^[14]

Works Cited

1. Breines, J, & Chen, S. (2012). Self-Compassion Increases Self-Improvement Motivation. *Personality and Social Psychology Bulletin*. <https://doi.org/10.1177/0146167212445599>
2. Chen, D. (2019, August 5). *Need to stop procrastinating? Try this*. TED Ed. <https://blog.ed.ted.com/2019/08/05/need-to-stop-procrastinating-try-this/#:~:text=Procrastination%20isn%E2%80%99t%20shameful%20or%20a%20character%20flaw.%20Instead,a%20paper%20due%20in%20a%20day%20or%20so>
3. Cherry, K. (2021, July 15). *5 Surprising Ways to Get Motivated*. Verywellmind. <https://www.verywellmind.com/surprising-ways-to-get-motivated-2795388>
4. Cherry, K. (2023, May 3). *Motivation: The Driving Force Behind Our Actions*. Verywellmind. <https://www.verywellmind.com/what-is-motivation-2795378>
5. Daniel Willingham. (2023, October 12). *Motivation gets you to work... but work also motivates you* [Video]. YouTube. <https://www.youtube.com/watch?v=Fi28MXpV1Ws>
6. Doyle, T. & Zakrajsek, T. (2013). *The New Science of Learning: How Brain Research is Revolutionizing the Way We Learn*. Stylus Publishing, LLC.
7. Duckworth, A.L., Milkman, K.L., & Laibson, D. (2018). Beyond Willpower: Strategies for Reducing Failures of Self-Control. *Psychological Science in the Public Interest*, 19(3), 102-109. <https://doi.org/10.1177/152910061882189>
8. Graham, S., Lepper, M.R., Henderlong, J., & Pintrich, P.R. (2002). Motivation. In J.W. Guthrie (Ed.), *Encyclopedia of Education*, 5, 1690-1701. Gale. https://link-gale-com.libcat.landmark.edu:8443/apps/doc/CX3403200422/GVRL?u=vol_p98l&sid=bookmark-GVRL&xid=773366ccm
9. Lieberman, C. (2019, March 25). *Why You Procrastinate (It Has Nothing to Do with Self-Control)*. The New York Times. <https://www.nytimes.com/2019/03/25/smarter-living/why-you-procrastinate-it-has-nothing-to-do-with-self-control.html>
10. Mccrea, P. (2020). *Motivated Teaching: Harnessing the science of motivation to boost attention and effort in the classroom*. Peps Mccrea.
11. Morin, A. (2023, December 5). *What to Do When You Have No Motivation*. Verywellmind. <https://www.verywellmind.com/what-to-do-when-you-have-no-motivation-4796954>
12. National Scientific Council on the Developing Child. (2018). *Understanding Motivation: Building the Brain Architecture That Supports Learning, Health and Community Participation: Working Paper 14*. Retrieved from www.developingchild.harvard.edu
13. Osterholt, D., & Dennis, S. (2014). Assessing and Addressing Student Barriers: Implications for Today's College Classroom. *About Campus*, 18(6), 18-24. <https://doi.org/10.1002/abc.21140>
14. Park, J., Chung, S., An, H., Park, S., Lee, C., Kim, S. Y., Lee, J. D., & Kim, K. S. (2012). A structural model of stress, motivation, and academic performance in medical students. *Psychiatry Investigation*, 9(2), 143-149. <https://doi.org/10.4306/pi.2012.9.2.143>
15. Simon-Dack, S., Dennis Rodriguez, P., & Marcum, G. (2016). Study Habits, Motives and Strategies of College Students with Symptoms of ADHD. *Journal of Attention Disorders*, 20(9), 775-781. doi: 10.1177/1087054714543369