



What Motivates You?

It is different for everyone.

End Goal(s)

- Sit down and write out your short- and long-term goals. Put this somewhere you look often as a reminder of why you are doing what you are doing!

An Organized Space

- Designate a space for studying and completing assignments. Keep the space clean and clear from distractions.

Deadlines

- Print your syllabus for every course and stay organized. Develop a planning system that works for you.

Support

- We want to help you succeed. Contact us using the information at the bottom of this page, and we will connect you to helpful resources.

Rewarding Yourself

- For example, try rewarding yourself with a treat after finishing an assignment, a coffee before or after a test, or a pair of shoes you have been eyeing after performing well on finals.

Changing Things Up

- Multiple motivation methods may work for you, so something could work one day, and another might work the next! Do not be afraid to try out a new motivation method.