

5 TIPS TO STAY MOTIVATED

1 Setting SMART Goals

SMART goals are specific, measurable, attainable, relevant, and time bound. Determine why you are enrolled at UND and in this particular program, what is your expected graduation date, your GPA goal, and your semester goal for each class? Remembering your goals will help you persevere when you feel that you have started to lose your motivation. It is important to write them down and place them somewhere you will frequently see them.

2 Take Frequent Breaks

Depending on your attention span, your study sessions may last anywhere from 30 (or less) to 50 minutes. After each session take a break ranging from 5 to 10 minutes and get up, stretch a little, get something to drink, send a text to a friend and then get back to your desk for your next session.

3 Reward Yourself

Decide on treats for achievements (hot bath, face mask, go fishing, go rollerblading, call a friend, light a candle, pet the dog, bake cookies, make a jig saw puzzle, etc.). According to Gretchen Rubin, "When we give ourselves treats, we feel energized, cared for, and content, which in turn boosts self-command. When we don't get any treats, we feel depleted, resentful, and angry, and we feel justified in self-indulgence."

Rubin, G. (2014, March 24). What are your treats? Do you have any that don't look like treats? <https://gretchenrubin.com/2014/03/30977/>

4 Celebrate Your Achievements

Yes!!! – You completed your planned hours of study time, you completed your quiz successfully, you are all caught up for the week, etc. Take a moment to actually acknowledge your accomplishment and check in with yourself to register how that makes you feel. You can put bigger rewards in place here.

5 Keep an Attitude of Gratitude

Of all the areas studied in the relatively young field of positive psychology, gratitude has perhaps the widest body of research. Grateful people have been shown to have greater levels of positive affect, a greater sense of belonging, and lower levels of depression and stress (The Pursuit of Happiness, n.d.).