

Motivating Yourself to Study

If you find that you lack motivation to study, welcome to the club. Just about every student experiences this problem at one time or another.

Motivation is important for good studying. When you are motivated, you will find it easy to stay focused over a period of time. When you are not motivated, you will not only find it difficult to stay focused, but you will find it difficult to get started in the first place.

Here are some ways to increase your motivation to study.

1. **Reward yourself for studying.** For example, after a successful study session, have a treat like a nice big ice cream cone. Go crazy and add some cherries and nuts.
2. **Study with your friends.** Don't make it party time, but you can have fun as you do this.
3. **Remind yourself of your long-term goals.** Achievement of your goals likely requires educational success. Educational success requires studying.
4. **Eliminate distractions.** If you are surrounded by things you would rather do than study, you will probably do those things instead of studying.
5. **Develop interest in what you have to study.** This will make studying more enjoyable.
6. **Take breaks.** When you feel that you need to take a break, try to stop at a point where you are at something that is easy for you. This will make it easier for you to resume studying after your break.
7. **Establish a comfortable environment.** You will be more inclined to study if you feel comfortable.
8. **Establish reasonable goals for a study session.** You probably won't get very far if you look at your study session as "mission impossible."
9. **Use a motivational poster.** Place the poster where you can see it as you study. The poster should include positive words and a picture depicting success. You can buy one or even make your own. You can also read inspirational stories about real people who have achieved success through effort.
10. **Just do it.** Once you do, you will feel a lot better than if you are worried about getting it done.

Finally, if these suggestions don't do it for you, just think about the consequences of not studying.

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