

Rutgers Learning Centers

At Camden Campus

MOTIVATION

Promise It

- Make clear, attainable goals.
- Promise yourself that you will keep these goals.

Change Your Mind - And Your Body

- If you've promised yourself that you will keep a goal, then don't allow negative feelings and procrastination to get in your way.
- Be aware of your thoughts when you are thinking about that task.
- Observe what's happening to your body. Are you breathing faster or slower than usual? Do you feel tense?
- Work with your thoughts. Instead of saying, "I can't stand doing this," say, "I'll feel relieved when this is done," or, "Finishing this will help me in the long run."

Sweeten The Task

- Sometimes it's just one part of a task that holds you back.
- Changing just that part can get you moving again.
- For example, if distaste for your physical environment keeps you from studying, then change the environment.
- Another idea: Try doing the task that you do not enjoy between two tasks that you do enjoy.

Talk About How Bad It Is

- One way to get past negative attitudes is to take them to an extreme.
- Griping about your problems will release pressure.

Turn Up The Pressure

- Sometimes motivation is a luxury.
- Try pretending that the due date on your project has been moved up one month.
- Raising the stress level slightly can move you into action so that the question of motivation seems beside the point and meeting the due date moves to the forefront.

Trade Time

- Sometimes you don't feel like working on a project because you want to do something else.
- Try trading times.
- Promise yourself that if you do go to a movie with your friends, you will trade in your usual TV watching that night for working on your project.

Let It Go

- Realize when a lack of motivation is really giving you insight into your mind. -For example, if you put off doing your accounting homework, but seize every opportunity to play with young children, you may be revealing a desire to be an elementary school teacher.

-from *Becoming A Master Student*, Ellis, College Survival, Inc., South Dakota, 1991.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

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