

STAYING MOTIVATED IN THE SECOND SEMESTER

Recognize the signs of weak motivation:

Finding excuses not to study

Becoming easily distracted

Giving up easily

Losing interest in the subject

Not being able to settle down to study



HOW CAN I STAY MOTIVATED?

Focus on effort

Improved results will motivate you and improve your effort.

Focus on the effort you are putting into your study rather than the results.

You have control over your effort and can judge your effort.

If you want to improve your results, first improve your effort.



Alter expectations

You cannot change bad academic study habits overnight - Take small, manageable steps to change and keep going.

Change your attitude towards your studies and think "I want to....!" rather than "I should..., otherwise....!"

Don't lose hope when you fail to break old and negative academic habits - keep trying.



Changing thoughts to change motivation

Talk to a friend or study buddy to stay motivated.

Redirect your attention back to your study task and formulate the steps to take to complete it successfully.



Identify the destructive thoughts. Say STOP and focus on your accomplishments.

Avoid self-sabotage and identify negative triggers that lead to self-sabotage.

Use positives



Rewards

Your rewards must be tailor made to suit you!

Study your favourite subject right after your least favourite one.

Watch your favourite show, have something nice to eat, call a friend...

Reward yourself on achieving a study goal

TOP TIP:

Stay motivated by reflecting on your professional and personal reasons for studying and visualise yourself in 10 years' time! Write down your reasons for sticking with your studies

I know what I can do, so I never doubt myself. Easy is not an option. Never quit. Be fearless. Talent you have naturally. Skill is only developed by hours and hours of work.

- Usain Bolt



- World record holder:
- 100 metres,
- 200 metres,
- 4 x 100 metres relay,
- Winner two 4 x 100 relay gold medals
- Eight-time Olympic gold medalist in 100 m and 200 m in 2008, 2012, and 2016