10 Motivation Tips

1. Write down your goals.

2. Reward yourself when you accomplish a goal.

3. Reflect on the value of your goal or task by relating it to your personal life.

4. Find a reliable accountability partner.

5. Find a mentor who you feel comfortable with.

6. Don’t be so hard on yourself. Find the positive in what you did and remind yourself to make changes for the future.

7. Study when and where you can be focused by removing and avoiding distractions.

8. If you are bored with studying try to make it more interesting by making it game.

9. Start a journal with your academic experiences.

10. Take a break and relieve any stress or tension.