

Staying Motivated and Reducing Procrastination

ACADEMIC PEER COACHING

Motivation

- Believe in yourself
- Set realistic goals
 - Stay committed to these goals by reminding yourself often why they are important to you
 - Adjust these goals when necessary
- Pick a smaller task that you can start on now to spark motivation
- Visualize what success means to you and celebrate accomplishments along the way
- Have a growth mindset – Our challenges can become strengths
- Know what motivates you (and demotivates you)
- Create habits and routines to stay motivated

Procrastination

- Stay committed to your goals
- Recognize what distracts you. Then, decide ahead of time how to put these distractions aside
- Know when you are most mentally clear, and focus on studying during those times
- Stay organized in what tasks you'll complete and when (have a plan!)
 - Know due dates
 - Set smaller deadlines for larger projects or assignments (and put those in your plan too!)
- If it's time to study, study. If it's time to enjoy yourself, have fun!

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