

## Staying Motivated

School is challenging! It's a necessary step to take in order to get to your ultimate career goals. Sometimes, the stresses and pressure of school can make it feel like you just don't care about those career goals. You might feel tired and overwhelmed. You might feel frustrated that you can't do fun things because you have to study and write. You might feel like giving up. This tip sheet will give you some ways to try and stay motivated to complete your schooling when you might feel like quitting altogether.

### Write down your goals.

It's that easy. Write them down. If you want to get more creative and visually appealing, create a vision board and put it somewhere so you can look at it on a daily basis.

### Set small goals with small timeframes.

Set small goals daily or weekly. What do you need to accomplish on a daily or weekly basis? Write these out. Have a "to do" list for each day and/or week. For example, on a Monday you might have to read a chapter for Tuesday. Set this as a goal for you. You can even throw in your chores and cross those off when they're done too.

### Set larger goals with larger timeframes.

Larger goals might be things like research papers, internships, final exams, finishing a semester, etc. What do you need to accomplish over the course of a few weeks? Months? Years? Write these down. These larger goals might break down into smaller steps that you can also keep track of.

### Reward yourself.

Once you've completed a goal, cross it off your list/calendar and reward yourself. Small goals, small rewards. Large goals, large rewards. Watch your favorite TV show after you've completed your journal entry for your class. Go get a coffee after you've read three of your 5 chapters for English. Book a vacation to take the summer after graduation. Go out for dinner with your friends after finals week. It's important to treat yourself at times.

### Use a Calendar to track your progress.

Use a calendar to see your plan for the week/month/year. Write important dates on a wall calendar or in a planner. Cross off tasks when you've completed them. Use your calendar to count down to important dates as well. As time goes on, reflect/look back on your progress.

### Use technology to keep you on track.

Set reminders for yourself with your phone alarm. Download apps that remind you to do tasks (to-doist). Use the "assignment calculator" to break down your large assignments into smaller tasks. Follow social media accounts that share positive and motivational messages.

### Remind yourself why you are here.

What is this education going to help you achieve? What has led you to be in this program?

Have questions? Contact the Manager of Student Learning Support & Disability Resources.

Phone: 604-528-5884 and 1-877-275-4331

email: [mkallberg@jibc.ca](mailto:mkallberg@jibc.ca)

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### Think to the future.

Where do you see yourself in five years? What do you want to be doing with your career? What kind of position do you want? What city do you want to live in? How do you hope to make a difference in people's lives? Keep these goals in your mind and remember that schooling is needed to achieve these career goals. It is short term pain for long term gain, just a necessary step towards a long career.

### Think to the past.

What led you to be in your current school program? What challenges have you overcome to be here? Who said you couldn't do this? What sacrifices have you made to be here? What experiences have led you to pursue this career and school path? Remind yourself of all the work you've already put in and all the choices you've already made to get yourself to this point.

### Think about the people who have supported you and how proud they'll be when you're finished.

Visualize their faces on your graduation day. Think about their words of encouragement and however else they show they support. They're wishing you the best and hoping you can accomplish this large goal.

### Talk to a friend or trusted instructor.

Let them know you're struggling. Sometimes even just talking about the fact that you're feeling this way can help you feel better. Ask them if there's any advice or support they can provide.

### Get out in nature.

Getting out of your usual environment can sometimes help you have clarity. Being in nature has been shown to decrease feelings of stress and anxiety. Go for a hike. Walk around a local park. Go snowboarding. Paddle or canoe on a lake. BC is beautiful so there are plenty of places to go to get away and feel more peaceful.

### Exercise.

Exercising clears the mind, releases happy endorphins, and helps decrease stress. Doing this on a regular basis can help you feel capable and prevent you from feeling overwhelmed. If you do get overwhelmed, having a rigorous workout can energize you and make you feel strong.

### Take a break.

If you're feeling overwhelmed and stuck, maybe you're working too hard. Get some rest. Eat some good food. Put the schoolwork aside for a couple hours and connect with a friend. Talk about anything except school stuff. Laugh.

### Connect with people who have similar goals

If you're both working towards the same goal, you might be able to keep each other on track.

### Practice gratitude

What are you thankful for? What brings you joy each day? List three answers to each of these questions every day. Do this before you start your day or at the end of your day when you can review your day. Write these things down in a journal. You'll start to recognize that while times may be tough, there are still really great things/people in your life. Feeling grateful for these things can help you remain positive and help you move forward.

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