

# LASSI Worksheet: Motivation (MOT)

Name:

### How increased motivation affects life as a student:

- It keeps you going, even when you reach some rough patches.
- Perseverance is the product of hard work and motivation.
- Sharing similar motivations and common goals with peers can keep you on track, and can open up the door to new friendships.
- One can be more likely to embrace challenge in order to accomplish their goals.

### Identify: What are some factors that affect your motivation?

1.	 	
2.	 	
3.		
4.		
5.		

**Inspiration:** Sometimes, your own goals, drive, and passion can help motivate you during rough patches. What keeps you motivated when things get difficult? What are your goals? And why are your goals important to you?

## • Tips to increase your motivation mentally?

- Remind yourself that whatever challenge you are facing is a small step in completing a longer-term goal (ex. passing the class) and it will not go on forever.
- Remember that these small steps add up, and no matter where you are on your academic journey, you have gotten so far already! Give yourself some credit.
- Remember that making mistakes is a part of learning, and failure can be a chance to reevaluate, regroup, and improve.
- Find peers and programs on campus that will support you and are equally motivated for you to be successful.
- Have a moment to take a step back and reframe your situation.
- Tips to avoid demotivation on a daily basis?
  - Many times, your motivation can be affected by the amount of work you have to do and your time management. Try organizing your time by creating to do lists for the day, and by checking on what assignments are coming ahead.
  - Try to work a little and everyday instead of cramming work to the last minute.
    Sometimes, a 15-30 minutes review session of your notes after class can help you understand more than a 3 hour study session right before a test. Thus, you can avoid stress and demotivation that is caused by procrastination.
  - Give yourself a break when needed and specify time for self-care.

**Exercise:** Pick 1-2 from above to try. Write a short reflection about how they have affected your motivation.



#### **Helpful Resources:**

Blog Post About Getting Motivated to Study: Complete with Motivational Songs tinyurl.com/jm2s56p

Motivational GIFs to Get You Through Finals tinyurl.com/h7ees9z

How Failures are a Chance to Learn Tinyurl.com/hl886pm

**Explore and Reflect:** Pick at least 2 of the resources and links on the previous pages, and check them out. Write about your reaction and experience with these resources and/or links. Which ones did you find most helpful? Why or why not?