

How to Stay Motivated in College

ASSOCIATE YOURSELF WITH SUPPORTIVE PEOPLE

Having someone to vent to if you're feeling overwhelmed can be beneficial. Think of at least five people that you could go to if you needed some extra support, then step outside your comfort zone and ask for support when you need it. Don't let yourself be the only motivation you have to get through the college years.

START EACH DAY WITH A LIST OF MUST-DOS

When you have three tests and two papers due within five days of each other, everything is going to start to seem like a priority. Instead of allowing yourself to feel overwhelmed and unmotivated, start with a list of just three things that absolutely HAVE to get done that day (prioritizing items based on due dates and grade weight).

WRITE DOWN YOUR GOALS (BIG AND SMALL)

Print out a physical copy of your degree plan and post it up on your wall, checking the classes off every time you complete one. Create a checklist on a whiteboard or calendar so that you can see what assignments need to be completed each week and when. These will help you stay on track while also showcasing your accomplishments!

QUIZ YOURSELF EVEN BEFORE YOU FEEL READY

One of the best ways we learn is by quizzing ourselves throughout the entire process, not just before a test. Go grab a pile of index cards and get to work!