

useful as a measurement tool, focusing on grades over understanding and learning useful ideas wastes your time. Look for ways you can use the material you are learning and focus on understanding it first, put grades afterwards.

The 10-Year Old Rule

Pretend you had to teach everything in your course to a ten-year old. Could you do it? While advanced concepts might not be comprehensible by a young child, the idea is that you should be able to simplify your subject into easily understandable pictures and metaphors. If you can do this for yourself, it will make your job far easier for remembering later.

Procrastination is your Enemy

Dependency on others for knowledge supports the habit of procrastination. Man has the ability to learn without instructors. In fact, when we learn the art of self-education we will find, if not create, an opportunity to find success beyond our wildest dreams. Delaying your day's work will lengthen your time in achieving your goal. Avoid being lazy. Taking breaks to get refreshed is accepted, but not putting things off for the next day. Procrastination is a hindrance in your progress.

Run your Own Race

Comparing yourself with others is an effective way to demotivate yourself. Even if you start with enthusiasm, you will soon lose your energy when you compare yourself with others. Do not let that happen to you. You have your own race, so how other people perform is irrelevant. Comparing yourself with others is like comparing the performance of a swimmer with a runner using the same time standard. Do not expect everyone to do things your way.

Never Quit (Take One More Step)

If you follow the right plan and procedure, you are sure to succeed. But, there may be times when things can go wrong. However, you must never lose hope. When you meet obstacles along the way, the best strategy to be applied here is put your book away for a few minutes and take a break and then start once again with new energy and motivation. A page learnt in 15 minutes is better than 2 pages learnt in 2 hours.

Reward Yourself

Remember to reward yourself for the job well done. If you have stuck to your schedule, did not let yourself get distracted and successfully achieved the goals you set out, you deserve a reward. It does not even need to be anything major, just simple things like enjoying an ice-cream, watching your favorite TV show or calling friends up to chat.

Seek your Professors

Last but not the least, whenever you find difficulty, meet your professor during office hours and ask them for suggestions for improvement. Exhaust every possible question, staying for an hour or two if you have to. By doing this you will not only have a wealth of information about how papers are marked, but you will have also cleared any doubts and learned more.

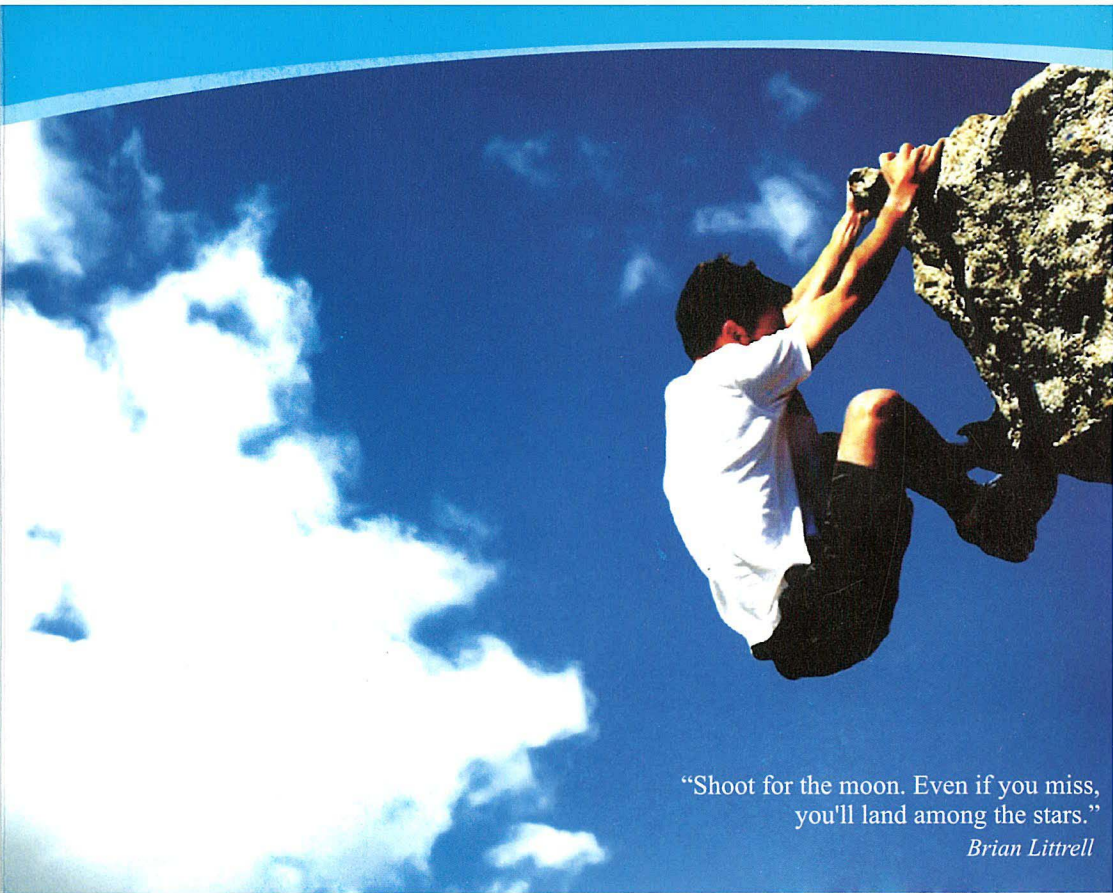
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“Shoot for the moon. Even if you miss,
you'll land among the stars.”

Brian Littrell

**MAXIMIZE YOUR
MOTIVATION
AND STUDY BETTER**

Centre for Counseling & Career Advisory



**“Success is not final, failure is not fatal:
it is the courage to continue that counts”**

Winston Churchill

Motivation is the activation or energization of goal oriented behavior. Motivation is simply the reason for an action that gives purpose and direction to behavior. It is the key to success and there is no doubt about it. Here are some tips to motivate yourself.

Have a Dream

Having a dream is important because it is difficult to be motivated if you do not have anything to shoot for. Your dream must be big enough to inspire you. It must be realistic but challenging. It must stretch your ability beyond your comfort zone. Only when you have a dream, you will be determined to follow it and make it real.

Make a Concrete Plan

It is very important to make realistic goals. They should not be extraordinary and unreachable. Firstly, discover your strengths, your fortes and also your limits; only then, set your goals. Use both short and long term goals to guide the action process. Your action plan must be flexible, so that it lasts long.

Positive Attitude

Your attitude is your biggest asset. Positive thinking is extremely important as your thoughts and attitude will influence your plans and actions. Do not let negative thoughts or people influence you. Write your positive aspects and achievements, as it will boost your self-confidence.

Start with a Small Step

It takes a lot of effort to initiate the planned course of action. It is observed that most people have their plans ready but they find it extremely difficult to make a start. You must at least take a single step to begin your work. Once you begin, it is easier to continue. Do not fear making mistakes because the more you fear, the more likely you are to commit them.

Be Consistent

Steadiness and regularity in your actions is very essential. It is possible that you may get discouraged or tired after the initial excitement is over, but you have to self-motivate and be focused. Strengthen your interest and desire to succeed. Do not complain about lack of resources or unsuitable situations. If you are really determined, you will accomplish your goal. You must not let any kind of obstacles affect you or your action plans. Commitment is the key word. A half finished project is of no use to anyone. Develop the habit of finishing self-motivated projects.

INCREASE STUDY MOTIVATION

Studying can be fun, interesting and exciting. Never label studying as “boring”, “painful” or “uncomfortable”. That way you will be pre-framing yourself negatively even before you start. You would have lost the battle before it even began. Studying is a meaningful journey of

discovery. Fortunately, with will power, determination and the following simple tips and techniques, you can jump-start your study motivation.

Be Curious

As long as you are curious enough, anything can be interesting. Question it, use your imagination, get inside the subject, understand what makes it tick, find out how you can apply it in life, read real life case studies.

Set a Schedule and Study at the Right Time

Set a study schedule everyday. It is good to plan your day in advance. Set a specific time for studying, and a time for playing or relaxing. This way, you won't worry about 'missing' your fun.

Get Started with the 5 Minute Challenge

The hardest part of doing anything is getting started. The first step is always the toughest. This study motivation tip can help you get started. This is what you can do, whenever you are not motivated to start studying, just plan to study for 5 minutes. **That's it, just 5 minutes.** Tell yourself that you will be studying seriously for 5 minutes then stop. Usually, what happens is that after the 5 minutes are up, you would have been well into the swing of things that you would want to continue studying longer.

Stop/ Start at the Fun Part

When having to stop for breaks, meals or other activities, plan to stop when you are at a fun part of the subject. The parts those are more interesting and enjoyable to you. This way, when you continue to study later, it will be much easier to get started because you will be starting at the fun and interesting parts.

Remove Distractions

Try to remove as many distractions as possible. When the remote is right next to you, you are more likely to pick it up. Same with your phone, laptop etc. Take 5 minutes before you start studying to put yourself into the proper state. Turn off any music, sit down, clear your mind and take deep breaths. Visualize yourself happily studying and clearly understanding what you have learned.

Set Goals

Setting goals will give you more motivation. When there is a target to aim at, we will be more determined to rise up to the challenge and push ourselves to achieve it. The sense of satisfaction from achievement is a great confidence booster.

The Learn-It-Once Approach

Spend your time learning things as they come up in your courses. Attend classes with the perspective that you could be tested at any moment. It should only be the material that you were just presented that you might not have had time to fully learn. Waiting before tests, assignments or finals is taking things too far.

Focus on Learning, Not Grades

Grades are just an artificial marker used to assess how much you have learned. While they are