

# STAY MOTIVATED

Check out our top tips for staying motivated for the new academic year!



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## CREATE A STUDY ROUTINE

By nature, we're creatures of habit. If you find it difficult to motivate yourself to study, this tip may be beneficial to you.

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## STUDY IN SHORT BURSTS

You are more likely to retain information from short bursts of learning as your attention will be increased.

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## MAKE A 'BORING' SUBJECT INTERESTING

It's very unlikely that you're going to enjoy all subjects, so for those you find the least interesting, try learning the subject in a different way to encourage enthusiasm.

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## EXERCISE

Exercise is a great way to motivate yourself, impacting attitude, cognitive skills and classroom behaviour.

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## SET ATTAINABLE GOALS

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

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## REVIEW YOUR MARKS

Reviewing homework and test marks helps you understand where you have gone wrong and avoid making similar mistakes in the future. It's also an essential motivating factor to see how much you have improved.



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## DON'T COMPARE YOURSELF TO OTHERS

Don't try to compare yourself with others and try to focus on your own results and how you can improve them.

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## FOCUS ON PROGRESS

Focussing on progress rather than the result will help encourage motivation. If you get this process right, the results will follow.

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## REWARD YOURSELF

Every time you complete one or two chunks of work, reward yourself with a short period of relaxation. The incentive of short and enjoyable breaks is a key part of the "chunking down" technique.

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## INSPIRE YOURSELF

Post reminders and inspirational quotes in prominent places about what you want to achieve.

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## GET ENOUGH SLEEP

Make sure you get enough sleep, ideally 7-9 hours every night. This will help to encourage a relaxed and well-rested mind and body.

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## THINK AHEAD

Do you have a particular career in mind? Keep reminding yourself that if you work hard now, it will help you achieve your ambition.

