Motivation & Procrastination

Motivation

What might be contributing to a lack of motivation?

- **Ability**: You don’t believe you have the ability to do something. Therefore, you won’t feel like doing it.
- **Agency**: Motivation is gone because you feel you have no control with outcome. No matter what you do = bad = low motivation.
- **Value**: If you don’t value it, you will not feel motivated about it. You can value something without being interested.
- **Interest**: Taking something you are not interested in leads to low motivation.

Strategies to Overcome a Lack of Motivation

1. Get more sleep: BUT don’t use sleep as an avoidance tactic
2. Make material interesting
3. Make better choices (if you have the option): Be flexible; don’t take a General Distribution class just because it may be easy, instead take what interests you.
4. Take 1-2 General Distribution classes at a time: Don’t do all at once, spread it over 4 years
5. Change Majors: If you get into a major and it’s not what you expected or you don’t like it, now is the time to change (for some of you).
6. Get help from others: It’s hard to hold yourself accountable, connect with people who can help
7. Commit to just 15 minutes: Might just get you started, minimally. Often end up spending an hour or more.
Procrastination

What leads to procrastination?

- **Fear of failure**: Fear that you won’t do it correctly, so prevents you from doing it at all.
- **Lack of knowledge**: Feel anxious because you don’t know enough about what need to do to feel comfortable with it.
- **Perfectionism**: Keep doing things over again and again until you reach the “perfect” way of doing it.
- **Anxiety**: Overall fear about going to school and what it means to your life.
- **Lack of Purpose**
- **Lame task**: May seem overwhelming, repetitive, or boring

Strategies to Overcome Procrastination

1. Concentrate on ONE task at a time: Master Schedule – allows you to come up with a plan and stick to it; be realistic
2. Prioritize: Little assignments to build on success and decrease stress
3. Make a list: Keep it real and visible! Cross items off when complete
4. Define task: Make clear what it is you want to accomplish
5. Divide tasks into smaller chunks: Makes tasks more manageable and less overwhelming
6. Find meaning
7. Increase knowledge: Get rid of the feeling that you don’t know what you are doing
8. Reward your accomplishments
9. Chart your progress
10. Get help from others: Connect with people who can help hold you accountable