

OTHER WAYS TO MOTIVATE YOURSELF TO LEARN

Did your group brainstorm all of these ways? Tick ✓ the ways you are going to try in future.

- ❖ Give yourself rewards
- ❖ Study with friends
- ❖ Get rid of any distractions
- ❖ Take regular breaks
- ❖ Study somewhere comfortable
- ❖ Set reasonable goals for study sessions
- ❖ Have realistic expectations for yourself
- ❖ Make a study plan and stick to it
- ❖ Break down big assignments into smaller parts.
- ❖ Do urgent assignments first
- ❖ Complete easy parts of assignments first
- ❖ Celebrate small improvements and successes

Note any other ways here: