

Topic	Notes
How to get back into focus when you're losing it	<p data-bbox="610 235 1435 369">Today we went through briefly upon how his week went again. He handed in a video project and because the grade matters to him immensely because of his goal, he took up more than he should during the process of his project.</p> <p data-bbox="610 378 1435 512">Also we talked about losing focus and what he should do when he feels demotivated with his academics. He has a specific ritual that he goes through when he feels demotivated, which is to light incense and have a cup of tea and for him this works.</p> <p data-bbox="610 520 1435 861">Furthermore, I felt that for this meeting I was trying to help him refocus upon his work because he was suggesting that right now, he sometimes feel tempted to play computer games or just not work and give up on his goal to transfer into medicine. By first going over again his goal and putting things into perspective of there being only a short time left before the end of semester, I hoped to help him regain his drive. Also he has his Christmas trip to Japan with his family to look forward to and we talked about the details of the trip, which lead to a further discussion of his bigger dreams of travelling and doing something adventurous.</p>