

## **How to motivate yourself to study**

Sometimes parents don't understand. It doesn't matter how concerned you are about your grades, what college you're trying to get into, which University will accept you - sometimes you just have no motivation to sit down and start revising.

The amount you need to learn is too daunting, and the process is too boring. It's sunny outside and you would rather be anywhere than here, at your desk, studying. We've all been there.

Study motivation is the key to overcoming this. But how do you motivate yourself to study?

### **Make a start**

The hardest part about revising, is to start revising. So how do you get past that roadblock?

Choose the subject you find least scary and put pen to paper. Note down the things you are confident you know within that subject, and then note down the areas where you know you need to improve. Soon, your brain will be actively engaged on the task, and it will be much easier to keep going.

Remember this saying:

“A journey of a thousand miles begins with a single step”

— LAOZI, ANCIENT CHINESE PHILOSOPHER

Once you've started, you know there is only a certain amount of hours of work you still need to do. The more ground you cover, the less you have remaining.

Create a routine

If you want to stay motivated and keep up with your schedule, you need to create a routine that will help you. How? Read our post on 5 science-based techniques to improve your routine and increase your study motivation.

Like everything, revising is a gradual process of improvement. As you get into a routine, you'll find it becomes more and more natural to study and stay motivated. That's why it's so important to start early, and leave yourself enough time to get into practice.

Don't panic if things aren't going to plan

The second hardest thing about revising, is to keep revising. When it comes to doing something you don't really want to do, every day can feel like a battle.

If you ever feel stuck in a cycle of procrastination and panic, take a time-out. Go to another room, close your eyes, take a deep breath and think:

Remember why you want to study. Think calmly about your goals. But also remember, if you don't achieve those goals, it is not the end of your world. There will always be a different college or university you can attend and a different career path you'll enjoy. You can only do the best you can, and that is why you are studying: to do the best you can.

Don't be too hard on yourself. When we begin to panic, we blame ourselves. Why can't we just study hard and achieve what we want to? Thoughts like that will only make it harder for you to turn yourself around. Remember: you are human, you are not perfect, you're doing this one day at a time, and you know what you need to do to make tomorrow better.

What have you achieved already? If you've only just begun revising, you might think you've achieved nothing. But, what about all of the work you've put in this school year, and every school year before that? There will always be times when you could have tried harder, but the only time you are in control of is now. Take back control, put pen to paper, and try again.