

Motivation

Maintaining motivation is essential for success in your college career. If you've lost your focus, feel like you need an extra push, or want some more tips then this worksheet is for you!

- **Create a routine.** Create a schedule including all important daily tasks including classes, time for studying and homework, time to eat, time to exercise, time to socialize, and time to sleep. (See our Creating a Weekly Schedule worksheet for more information.)
- **Take care of yourself.** Maintain a healthy lifestyle by eating a balanced diet, and regularly exercising. (See our Maintaining Personal Health worksheet for more information!)
- **Make time do to the things you love.** College requires you to devote a lot of time to your studies, but we also highly encourage you to participate in activities that you love! Make time for student organizations, social time with friends, or time to exercise each day.
- **Keep a progress report.** Studies have continually shown that if you create a goal and are able to see yourself actually accomplishing the goal, you will continue to motivate yourself! Keep a checklist of tasks to get done each day, or create SMART goals!
- **Take charge.** Asking important questions, investigating to find out answers, and reaching out to folks for assistance; are all great ways to charge inside and outside the classroom.
- **Change the way you talk to yourself.** Your belief about the situation can make all the difference. Try to think positively about why you're doing something through the lenses of how it helps you to your long term goals.



Take time to reassess

Remember why you are attending the University of Iowa and use this as motivation to push through stressful periods of the semester. If you are feeling especially bogged down by the pressures of school take time to think about your goals. On the next page there are some questions that you can take to time to ask yourself in order to think about/remind yourself about your long term goals.



Spend time writing out careful, well-thought out answers to the following questions. Reflect on your answers then come back to them another time. Revisit those questions in order to follow-up with yourself. You may find it helpful go through your answers with a mentor, family member, or a close friend.

1. What do I find meaningful?

2. What am I most passionate about?

3. What are my long-term goals?

4. How is attending the University of Iowa helping me reach my passions/long-term goals?

5. Do I need to seek assistance in figuring out any of the previous 4 questions?

