



MOTIVATING YOURSELF

PRACTICAL SUGGESTIONS...

SPEND TIME STUDYING EVERYDAY so the work does not pile up.

As soon as you get them, **DO SOME WORK ON ASSIGNMENTS RIGHT AWAY.**

KEEP THE MOMENTUM UP!

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- Don't start a project and then put it down for too long
 - Make sure you work on the project a little each day

BREAK BIG TASKS INTO SMALLER TASKS.

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- Make the small tasks accomplishable in a reasonable amount of time
 - Mark off each task as it is completed to show yourself your progress

Every time you sit down to study, **SET A MINIMAL GOAL AND ACCOMPLISH IT!**

DON'T EXPECT YOUR INITIAL EFFORTS TO BE YOUR FINAL EFFORTS!

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- Take the pressure off of yourself to get it perfect the first time and you will be less reluctant to begin

REWARD YOURSELF AFTER (not before) studying by doing something pleasurable.

You can find more study tips or subscribe to the LSS study tip podcast at <http://LSS.edgewood.edu>.