

STAYING MOTIVATED

SET GOALS

SET SMALL, ATTAINABLE GOALS.

These goals can be for each class or for the semester as a whole. Keep track of each goal and your progress, and celebrate completing them.

CREATE A SCHEDULE

DAILY AND WEEKLY

Block your time so you have enough time to go to class, study, work and do fun activities. Having a routine each day and week will help you stay on task and motivated.

TAKE CARE OF YOUR MENTAL HEALTH

TAKE TIME FOR YOURSELF

Remember to do things you love! Schedule fun events, like attending a virtual movie night or going on a hike with a friend. Try to eat well and spend time outdoors. You can also practice meditation or exercise to take care of yourself.

CELEBRATE SUCCESSSES

EVEN SMALL ACHIEVEMENTS COUNT

Make sure to reward yourself and celebrate accomplishments! Reflect on your completed tasks, like reading an assignment or studying for a test. Rewarding yourself helps you stay motivated.