

Ways To Motivate Yourself To Study

Sometimes having all that studying and catching up with reading from previous weeks can feel overwhelming. To generate that motivation you could try some of the following:



Here are 10 ways to help generate motivation for studying.

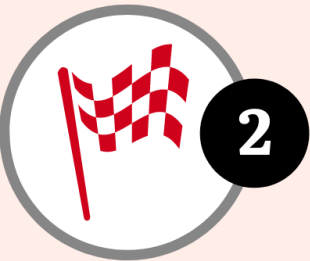
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Break the task down into chunks

A big task like revising can be demotivating because it seems so large. Breaking it down into manageable chunks can therefore help it seem less daunting.



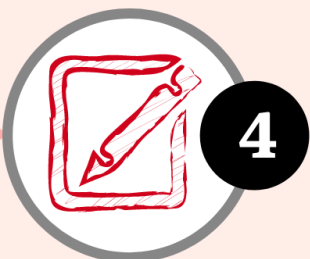
Keep your end goal in mind

Remember why you are studying in the first place. "Getting good exam results" is not necessarily very motivating. Look beyond that to what the exam results will get you. The more detail you can provide for your goal, the easier it will be to keep in mind.



Get into a study routine

It is easier to stay motivated if studying becomes part of your everyday life and routine. For example, you might choose to get up an hour earlier, and spend that hour studying each day. It is easier to avoid being distracted because you know that it is set aside for a purpose.



Try different study approaches

Try different approaches, to see which you find most productive.

Vary your studying to keep yourself interested. Some days you may want to look at one subject, and try another on a different day. You may also find it helpful to vary your style of working. You could, for example, try working in different places, and varying whether you work alone or with friends.



Don't let studying take over your life

When you start a long course of study, it can feel like it is all-important. This is especially true when exams loom. However, it is important not to allow your studying to take over your life. You need to make sure that you build in time for family, friends, and exercise, to keep you feeling healthy in mind and body.



There is no "one size fits all"

There are plenty of people to tell you that they have the answer to staying motivated while studying. They may have the answer *for them*, but only you can work out the answer for you.



Don't question your abilities

Don't put yourself down by comparing yourself to others.



Set your space

Creating a physical boundary between your study area and your relaxation area can help you to stay motivated when studying from home.

***"Wake up with determination.
Go to bed with satisfaction."***



Take a time limited approach

Ask yourself "How much can I achieve in the next 2 hours?" instead of "Can I complete all tasks?" In this way you do not get as easily overwhelmed by the volume of study you need to do.



Remember studying can be a challenge

Studying can take you out of your comfort zone. Think about the hiking of Mountain Kilimanjaro; it is not easy and can even be uncomfortable but the pleasure comes when you begin to see the view from height, feel the fresh air and when you reach the destination you get a sense of achievement and satisfaction. Focus on the outcome and not the struggle to get there!