



THE UNIVERSITY
of ADELAIDE

MOTIVATION

Getting Started

Student Life - Counselling Support

Why can't I just get started???
If I spent as much time studying as I do worrying about it, I'd get heaps done!!!

All of us have had times when energy and motivation have disappeared without trace. And we spend a lot of time worrying about whether we'll ever get that assignment finished or ever get a revision program started before the day of the exam. And then we can start worrying about worrying. Here are some ideas about getting motivated.....

- Take a step back and think about the principles of motivation and training.
- How do you motivate or help to train other people?
- Do you insult them, put them down, shout at them about how hopeless, pathetic and lazy they are?
- No? Why not?

Is it because you are too nice to do that or is it because you have discovered that **negative techniques just DON'T WORK.**

If you give your trainee a heap of put downs you are likely to end up with a resignation or a terrified or totally turned off trainee. Most likely you encourage the people you are training and repeat information if they don't catch on first time, maybe you give them positive feedback and make sure that your criticism is constructive. Maybe you use this **positive approach** because you are a nice person but maybe you also use it because **IT WORKS.**

Positive training techniques

Use a positive, motivating training technique on yourself today! Do it for you. These can be motivating, performance enhancing, more fun.

Be calm and don't rush yourself

Pushy trainers are a pest. Allow yourself to go over information more than once. It's OK if you don't catch on the first time. It's OK to consult with others to gain information – lecturers, tutors, admin staff, other students.

Don't insult yourself

Trainers who put you down are irritating and un motivating. Treat yourself politely and encourage yourself to keep on task and have another go when things are difficult.

Be clear. Work out exactly what the deal is.

Divide tasks into sub-tasks with a completion time for each sub-task.

Divide an assignment into:

1. reading time
2. chatting to lecturer or tutor
3. assignment outline
4. first draft
5. more consultation
6. editing and final draft

Collect the Evidence

Make lists and cross off tasks as they are completed. Chart your progress with time lines or graphs so you are clear about your achievements. You can see the assignments you have completed and the topics you have totally or partly revised. Post up the evidence of progress in a prominent place - like the middle of the bedroom mirror so it gets you right between the eyes.



Reward yourself

Reward is a powerful motivator. Use long-term rewards like the completion of your degree or celebrating with your first pay cheque. Use short-term rewards like an evening off to socialise or time out to enjoy a hobby or group activity.

When you have a win, no matter how small a win, congratulate yourself, it will make you feel warm and appreciated and motivated.

Rehearse Success

Think about how you want to perform in an exam or tutorial presentation. Think about the concentration, energy and enthusiasm you would like to have while completing your prac write-up. Why mentally rehearse all the stuff-ups that you don't want to happen?

Negative rehearsal is a sure way to fill you with fear and loathing and is not very motivating!

Befriend Yourself

When you are your own friend, you can move forward in a spirit of co-operation. It's a team effort. If you are friendly and understanding about your own aims and fears, you are less likely to sabotage your efforts and more likely to support yourself in an encouraging and motivating way.

Get Fit

Physical exercise is an essential part of your motivational package, not an optional extra. Whatever your physical abilities are now, try to improve them. A physical workout, at a level that is challenging for you, will enhance your concentration, lift your enthusiasm and increase your motivation.

Stop being scared of stress

At the right levels, stress is the most powerful motivator of all. Start thinking of stress as a challenge and an opportunity. Unless you experience some degree of stress you are unlikely to discover your potential.

**GET OUT THERE AND GET GOING
AND YOU WILL GET WHERE YOU WANT TO GO**

Counselling Support is available to assist students with personal difficulties that are affecting their study.

The service provides:

- Individual Counselling by appointment
- Telephone Counselling by appointment
- Mental health emergency response

Counselling Support

Ground Floor, Horace Lamb Building

The University of Adelaide

Ph: +61 8 8313 5663

After hours support: 1300 167 654 or sms 0488 884 197

This pamphlet was written by Flinders University Health and Counselling Services and has been reprinted as part of a collaborative project between the counselling services at Flinders and Adelaide University. Modified by Student Life Counselling Support.

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