

Study Skills Workshop: How to Get Motivated

Everyone takes college courses for various reasons. Some students take courses to earn a degree or certificate. Other students take courses for fun. Why are you taking college courses? If you are taking courses to earn a degree, you should evaluate your priorities to determine what you will need to do to succeed.

Take a few minutes and write down in the spaces below the answers to the following questions:

1. Why are you in college? _____
2. Is succeeding in college one of your major priorities right now? _____
3. Why are taking your specific courses this semester? _____
4. Are you taking enough time each course requires to succeed? _____

Now let's examine your study habits. Have you ever sat down at your desk, pulled out your text book, and stared at the many pages you had to read for the next day's class? The word "stared" should show you that you just aren't motivated to read the pages. Eventually, your mind begins to wander and you find yourself wanting to do some other things that you just *need to get done*. We have all found ourselves in this situation. Do you think there is a way to *psych* yourself up to study? Reading is just one of the tasks we need to do to study, but in this handout, we will discuss how to get motivated for the many other tasks you need to do to study *efficiently*.

Take a few minutes and write in the spaces below the best reasons you can think of for studying. Then analyze your reasons by writing a "+" (positive reason) or "-" (negative reason, writing an "I" (immediate consequence) and "D" (delayed consequence), and writing an "L" (large amount of work) or "S" (small amount of work).

Reasons Why One Should Study

1. _____
2. _____
3. _____
4. _____

Finally, let's create a self-reinforcement system so that you can motivate yourself to study. Select one of your classes that has assignments that you tend to put off or dislike doing. Determine what a reasonable "chunk" of it is. For writing, it may be a page. For reading it may be a section of a chapter. For doing physics problems, it may be completing one problem.

Now describe briefly the reward system that you will use in the beginning. Be sure to say how you will ensure that the reward is immediate. _____

Small Group Activity

Step 1: Current Assignments

Class	Current Assignment
	1.
	2.
	3.
	4.

Step 2: Self-Reinforcement System

Assignment #1	Tasks	Immediate Reward
Assignment #2	Tasks	Immediate Reward
Assignment #3	Tasks	Immediate Reward
Assignment #4	Tasks	Immediate Reward