

"I JUST CAN'T BRING MYSELF TO FINISH MY ASSIGNMENTS AND I CAN'T FIGURE OUT WHY." IF THIS SOUNDS LIKE YOU, THEN...

CHECK IN TO MOTIVATION STATION!

USE THESE FOUR TIPS TO GET STARTED!

1

START SMALL.

Break big assignments into smaller parts that you know you can do. Finishing something small will help inspire you to complete other things!

SET GOALS AND TIME LIMITS.

When you're feeling stuck and overwhelmed, set a small goal that you can achieve in a few hours or less. This helps get the ball rolling. Doing something small and manageable is always better than nothing!

2

3

CREATE A REWARD SYSTEM.

Once you have achieved a goal that you set, reward yourself! Eat a delicious snack, go outside, watch a short video, etc. Remember, do this only after you've reached a goal. That way, you have something to look forward to after accomplishing a task.

FIND A STUDY BUDDY.

Working with others can provide you extra inspiration and support. Even if you aren't working on the same assignment, working in the same space as others creates a motivational and studious environment.

4

REACH OUT TO YOUR TEACHERS, COUNSELORS, AND PARENTS FOR HELP AND ADVICE. THEY'RE ALL THERE TO SUPPORT YOU!

