

# Tips on Staying Motivated in School

In the school year, every student hits a period of dullness and lethargy. Seniors, especially, feel the burnout and senioritis ahead of college season. Here are some ways to keep your motivation high and finish the school year strongly.

## Prioritize Assignments ~ make a plan to focus on challenging and time-consuming tasks first

- rank your assignments based on importance/impact on grades
- by tackling harder tasks first, you feel more motivated to finish the easier tasks

## Create reasonable goals ~ split larger tasks into chunks and reflect on your approach periodically

- break down each task into sections and focus on them separately
- prevents procrastination, improves mental health, & alleviates stress

## Change study methods and challenge yourself ~ have more engaging and diversified study tools

- repetitive and formulaic studying can make you demotivated & bored
- Tip: Try exploring a new topic on research assignments!

## Find support in your community ~ reach out to mentors, family, and friends to help reach goals and devise a study plan

- reach out to peers and friends to create study groups
- don't be scared to ask for help and rely on your support system

## Reflect and Reward Yourself~ acknowledge your growth/achievements and take time to appreciate them

- even the smallest tasks deserve appreciation
- praise and reward yourself to incentivize your hard work

Sources:

<https://bigfuture.collegeboard.org/plan-for-college/college-prep/stay-motivated/tips-for-staying-motivated>