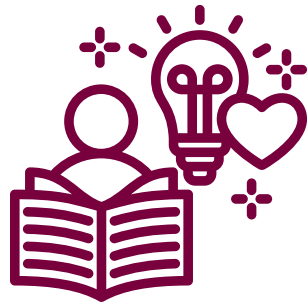
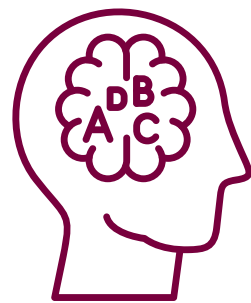


# EVALUATE THE REASONS FOR THE LACK OF MOTIVATION



## CONSIDER WHAT'S INTERESTING ABOUT YOUR STUDY PROGRAM

Motivating yourself to do something you don't see the point in, it's always hard. Try to name three ways to use the thing you're learning, for your future, for other people, or in practice. If it doesn't work and it's hard to find what you're interested in this study program, think about whether you're in your place. Together with your [career counselor](#), consider whether you have really chosen the right study program and find out what your opportunities are.



## EVALUATE HOW HARD IT IS TO LEARN AND FOCUS

Perhaps higher-than-average intelligence used to help compensate for difficulties in reading, writing, counting (dyslexia, dysgraphia or dyscalculia). If there is a suspicion that this may be the cause of the debt, contact [disability affairs coordinator](#) (contact by email [negalia@cr.vu.lt](mailto:negalia@cr.vu.lt)). They can help assess whether it is the case and offer recommendations for dealing with that.



## EVALUATE WHOSE WISHES YOU ARE TRYING TO SATISFY.

Pressure from relatives and society to study or not to drop your studies can lead to procrastination and reduce motivation. In such cases, contact a [career counselor](#). Together you will be able to clarify the interests and choose the right course of study, as well as find a way to talk about it with your parents or other people whose pressure is difficult to cope with.



## HAVE STUDIES BEEN PUSHED INTO A SECOND PLAN BY OTHER PROBLEMS?

Physical illness, family or relationship problems, as well as financial problems can not only interfere with learning, but also lead to health-damaging ways to deal with severe emotions. If you notice an increase in alcohol or other psychoactive substances consumption, decreased sleep, changed appetite (decreased or increased), become extremely irritable or experience severe stress – be sure to seek help from a family doctor or [psychologist](#) (contact by email [bgs@cr.vu.lt](mailto:bgs@cr.vu.lt)).



## 1. EVALUATE YOUR MOTIVATION LEVEL

If you are wondering if you really lack motivation – check it.

First of all, read below listed statements and choose the ones that fit you best. In which list did you mark more statements? Think and evaluate what they mean to you, how they are connected to your motivation to learn and reach your goals.



## Strong motivation

- I feel that I am moving purposefully towards the desired future
- I have a clear vision of the desired career
- I realize the benefits that studies will bring to my life
- I have clear, specific goals (studies, career)
- I know what I need to do to achieve the set goals
- I know what I want to achieve
- I am able to concentrate while performing tasks
- I devote enough time to studies or work
- I am happy with how much effort I put into my studies, my work
- I do not leave work or decisions "to the last minute"
- I am interested in the subjects I study, the work I do
- I am proud of my studies' or work achievements
- I know what inspires me to study, to work
- I find ways to make my studies or work more pleasant for me
- Failures do not make me give up

## Weak motivation

- I lack the direction to achieve the desired future
- I do not have a clear career vision
- I do not know what benefits the studies will bring to my life
- I do not have clear, specific goals (studies, career)
- I do not plan my activities
- I do not spend enough time and effort on studying or working
- I feel a lack of interest in studies or work
- I find it difficult to concentrate on tasks
- I often look for excuses why I should not study or work
- I postpone tasks or decisions related to studies, work
- I do not believe I can be successful in studies or at work
- I do not feel satisfaction while studying or working
- I am not happy with my studies' or work achievements
- When I meet difficulties or failures, I give up quickly

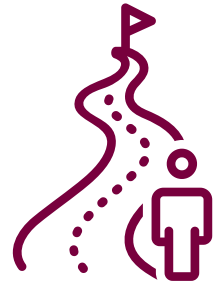
## 2. ANALYZE THE REASONS FOR THE LACK OF MOTIVATION

Reasons for weak motivation can be various. Understanding them better can help you choose the best ways to strengthen it.

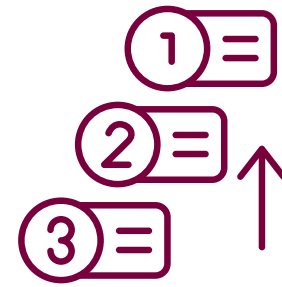
Check out the following list of causes. Think and chose the causes that weaken your motivation to study or reach career goals. Consider if there are other causes that are not mentioned here.







I have no set goals



I do not have clear priorities



I cannot plan my time properly



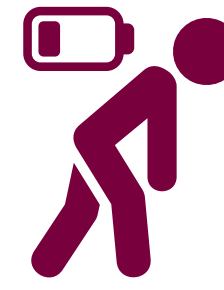
I constantly compare myself to others



I do not trust myself enough



I emphasize my mistakes and failures



I constantly feel tired



I am afraid to fail



Studies, work do not match my interests and abilities



I am a hedonist – I want to achieve my goals easily and I believe that studies or work should only provide pleasure



I am a perfectionist – I want to achieve everything flawlessly; I demand only the best result from myself



I am a fatalist – I believe that everything is destined by faith, nothing can be achieved by my own effort



### 3. CREATE A VISION AND SET GOALS



#### Create a career vision

A vision answers the question 'What do I want to accomplish?'. It shows the main purpose of your career path. Vision motivates, inspires, brings enthusiasm, shows direction, and helps to set goals, set priorities, give meaning to current activities (for example, studies, temporary work). [Here you can find recommendations on how to create it.](#)



#### Set goals

Activities are motivated by properly formulated goals – both short-term (e. g., connected to future examination session), and long-term (e. g., connected to higher education, job, which you want to find after studies). So, take time to define goals. Define at least one goal that is connected to your studies and career. Then make a list of tasks. More information on that is [here](#).



## 4. REWARD YOURSELF



After setting goals, think about steps and intermediate results, come up with a meaningful reward for yourself after several small steps you take towards your goal (and after you reach your goal).

For example, you can cheer yourself up with a coffee break, a chocolate bar, let yourself surf the internet for 20 min, watch a movie or spend a weekend by the sea – whatever gives you more pleasure.

### *Tips on how to reward yourself properly:*

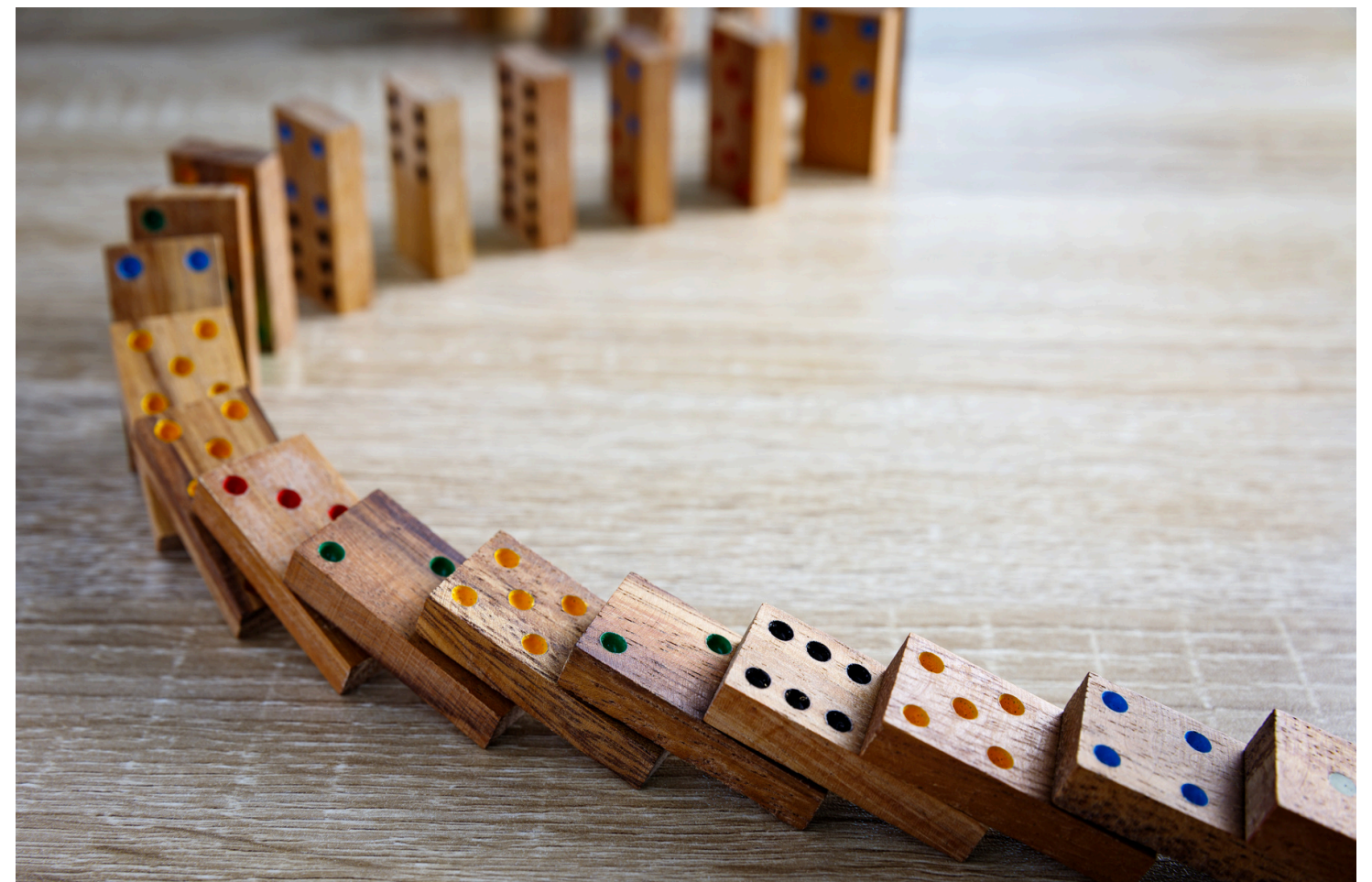
- come up with meaningful rewards that comply with your set goals and efforts (the more complex the goal is, the greater the reward should be);
- always follow the principle: first – the assignment, then – reward;
- if you feel tempted to do something that brings you pleasure before you start activities, promise yourself that after you finish the tasks you will do whatever you feel like;
- think about the pleasure that awaits, when you finish the task. You will gain extra strength!

## 5. EVALUATE THE CONSEQUENCES

Reflecting on your activities and their consequences from a long-term perspective will help you to understand your needs, to become more aware of what's important and what to avoid, what you want to do and will help you focus on current actions.

*Before taking on any task, answer the following questions:*

- What consequences will I face if I do this?
- What happens if I back down?
- What impact will this have on my long-term goals?
- What benefits will I gain if I complete the task on time?
- How financially painful will it be if I postpone the task or will not finish it at all (e. g. how much will I have to pay for studies if I do not pass my exam)?
- Make a list of positive and negative consequences.





## 6. MANAGE YOUR TIME. SET YOUR PRIORITIES

Time management is like managing the sequence of your work. This skill will make you feel that you are in control of your life and it will motivate you to take action.

### *Tips:*

- write down all tasks or work you need to do;
- prioritize your tasks or work according to your goals;
- sort tasks by their importance;
- arrange the tasks in chronological order;
- notice whether you are occupied with insignificant tasks. If the answer is yes – stop for a second and ask yourself, what is happening, how do you feel and why it is like that. For example, are you unable to focus or do you feel tired or bored. Once you identify the problem, it becomes easier to solve it.





## 7. JUST GET STARTED

The most important thing is to start. Usually everything goes easier after that. In other words, motivation appears after a real action. Take action first, then you will feel motivation. You will see – once you start, step by step you will get involved in the work and it will become more pleasant or easier than you thought.

### *Tips on how to start:*

- devote at least 10–20 min for each task (e. g., to prepare for a seminar, to search for work). Remind yourself that after those tasks, you will be able to engage in any other activity you want;
- imagine the positive consequences of your actions;
- create an environment without any external factors which could distract you (e. g., turn off Facebook, TV, your phone during those 10–20 min);
- reward yourself for the completed actions.





## 8. DIVIDE TASKS

A simple way to motivate yourself is to divide tasks, especially the difficult ones, to smaller pieces. In this case you will avoid feeling helpless before you even start working. Think – what work (connected to your studies, job or career planning) needs to be accomplished. Divide it in to smaller pieces and complete them one by one. It will be much easier!

### *Tips:*

1. break task into small parts;
2. set a specific time when you are going to complete the task;
3. specify how much time it will take to complete it. That means limit the duration of the task (for example 10 min a day);
4. foresee methods and tools that could be useful to complete the task;
5. find people who could provide help;
6. leave the work unfinished if you failed to complete it over the scheduled timeframe. Rethink how much time you will spend on it next time;
7. reward yourself for completed tasks;
8. take notice on your progress when taking small steps. Pay attention to how you feel after small accomplishments and how your motivation is changing.



## 9. ADMIT THAT THE TASK IS UNPLEASANT

### *Tips for completing unpleasant tasks:*

- think and write down what is happening when you have to complete an unpleasant or difficult task: what thoughts come up, how you feel and what would you like to do about it;
- assess whether these thoughts are holding you back. If yes, try to change them to more encouraging ones. For example, change a negative thought like “I will never be able to finish this task” to a more motivating statement like “I have already done similar tasks. I can start slowly!”;
- think about why it is important to accomplish this task: what are the benefits, and what will you lose if you fail to accomplish it;
- think of ways to complete the task. What would simplify this work?
- find people who could help;
- imagine that you successfully completed the task;
- think of the relief that awaits when you finish the task.

## 10. RETHINK YOUR CHOICES

If work or studies do not match your interests, values, priorities, and abilities – you will most likely be demotivated. Continued dissatisfaction and frustration can signal that you need to re-evaluate your studies, job choices, and their consequences.

### *Tips for making a good decision:*

- do not make sudden or unreasonable decisions;
- re-evaluate and systematize information about yourself. Use [these self-assessment tools](#);
- collect extra information about your studies or work: what prospects do they offer? How can it change in the nearest future? How much are you allowed to participate in changing processes?
- if necessary, look for information about possible study or work alternatives;
- consider how much your studies or work fits your personality;
- consider further actions you might need to take that will help you decide.