

# Top Ten Tips for Motivation

**1. Ask yourself, “why am I in college?”**

Find out how you can go about achieving what you want. Gather information to prepare yourself for the journey ahead!

**2. Make college your first priority!**

Making your education a priority will guide you away from distractions and interferences.

**3. Set SMART Goals for yourself!**

It has been found that setting *specific, measurable, attainable, relevant, and time-bound* goals leads to more success than not setting goals.

**4. Reward yourself on your progress!**

Reward yourself when you reach short term and long term goals!

**5. Positivity is key!**

There will always be obstacles between you and your goals. The only way to get past them is to stay positive and stay on track.

**6. If you feel stuck, seek support!**

It can be hard to motivate yourself if you don't know how to achieve your goals or how to progress from where you are. Seek support in advisors, academic skills counselors, success coaches, family, and peers.

**7. Take care of yourself!**

Take care of yourself physically and mentally in addition to academically. Exercise and eating healthy can help you gain the discipline you need to stay focused.

**8. Get involved!**

Engaging in extracurricular activities can help build your professional network, gain skills to achieve your goals, and find new opportunities for growth on campus.

**9. Gain experience!**

If your goal is career-oriented, gain experience in the field or position you want. Look into internships and other career opportunities by visiting the Career Development Center.

**10. Don't stop after you achieve your goal!**

Once you reach your goal, don't stop! Stay motivated by thinking, “what can I do next?”

