

Motivation!

We all lose motivation from time to time; however, it can be helpful to understand where we tend to get our motivation from, and then to use this knowledge to add new techniques to help us. If you read through this document and watch the suggested videos; you will find some useful tips and tricks to improving motivation! You can look at this document with your tutor, but you can also discuss it with a teacher at any time, we'd be happy to help!

Where does our motivation come from?

Internal Sources of Motivation

Internal motivation comes from **within** you:

- Personal enjoyment of an activity – If we love something; we want to keep doing it.
- Seeing the activity as a part of our identity – We do something because it is an important part of who we are.

External Sources of Motivation

External motivation comes from **outside** of you:

- The desire for better results – If we believe that more effort will get better results, we use this as motivation to continue working.
- The desire to be acknowledged – We work hard to have our efforts seen.
- The desire for reward – We work hard because we want to gain something.

Other Common Sources of Motivation

- Pure curiosity!
- A want or need for autonomy.
- To improve our self-image.
- Or perhaps, to avoid something negative and prevent a “worst-case” scenario.

Note: Many studies have shown that **Internal** and not external **sources of motivation are more effective and sustainable** in the long-term.

How to Improve Your Level of Motivation

1

Trigger Internal
motivation

2

Find and set more
effective rewards

3

Techniques to sustain
your motivation

4

Build connections and
networks

5

Practise
self-compassion

Turn over to the other side to see examples of the ways you can improve your motivation! →→→→→

1

Trigger Internal motivation

One of the biggest pitfalls of studying is that we focus on abstract or non-specific goals that don't relate to us. Increasing internal motivation means you think about what is **enjoyable for you and how your studies match your values and how it connects to your identity**.

Think about your values! Ask yourself why you like to study or why you chose a specific course. You may have chosen a course about other cultures because you wanted to be more open-minded. Reminding yourself of this helps you find purpose in the work you're doing and increases your motivation for it!

Think about your identity! If you see yourself as someone who loves languages and connecting with other cultures, you're also probably someone who loves to learn how to do that! So, take some time to write down the reasons why your studies match up to who you are, and you'll probably feel more motivation!

Find the parts you enjoy the most! By noting down and focusing on the parts of your program that you like the most and the satisfaction of your end goal, you can start to enjoy the process of studying to get there!

TIP! Try setting SMART and HARD goals. HARD goals trigger internal motivation as they relate to your personal values and vision.

Learn more here →



3

Use techniques that help to sustain your motivation

Break up your goal into parts and keep track of your progress – In parts, your goal is less daunting. And, recognizing the work you have done and how each step takes you closer to your goal helps you to keep pushing forward.

Develop good time management – Build a schedule that works for you; one that balances study, work, and fun time with family and friends. You can also consider working in 25-minute chunks using the **pomodoro technique** to manage your studying <https://pomofocus.io/>

Clean your workspace AND your mind! Keep your desk clean and take time to get outside in the fresh air!

Learn more here →



Practise habit bunching – Things we like less are more fun when paired with something we love. Dislike reading but love coffee? Take yourself to a coffee shop to make reading a little bit more fun for you!

2

Find and set more effective rewards

Reward yourself while you work – Smaller, immediate rewards as you make steady progress toward your goal can be more motivating as they increase your positivity throughout your work rather than larger, delayed rewards you give yourself at the very end as you reach your goal.

Avoid rewarding yourself for the quantity or speed of the task achieved – Feeling like you have understood what you're trying to learn is more valuable!

Find rewards that are personally motivating to you – Promise yourself some thing you love such as quality time alone, a trip to a coffee shop, or time to do something fun with friends or family (or maybe even a nap)!

Don't deny yourself a reward – All of your efforts are super meaningful!

4

Use and build supportive connections and networks

Talk! Listen to how your family and friends achieve their own goals. Their techniques/advice might help to inspire you!

Find people to connect and collaborate with. This could take the form of a study buddy or study group. You can sign up to the study groups available at the Cégep de Lévis!

Watch this video on the benefits and use of study groups →



5

Practise self-compassion

We can't all study all the time, and sometimes we procrastinate. Practising self-compassion helps you to:

Remain focused on your goals – Even if you don't achieve everything you had planned, if you can tell yourself that "it's OK not to be perfect, I still achieved a lot yesterday," then you can help yourself to focus on positive achievements and maintain motivation!

Reduce your fear of failure – Self-compassion helps to reassure you. All your work contributes to your goals. Believing that you've done what you can, and you've worked to improve your chance of success, helps reduce your fear of failure overall.

Improve your confidence – Feeling confident helps you to feel motivated by believing in your ability to reach your goals.

