



Getting Unstuck

Tips and Tricks for Managing Motivation and Procrastination

Initial questions to ask yourself:

1. How will reaching your goal impact you?
2. What is at risk if you don't meet your goal?
3. What is the connection between this semester and graduation?

General Tasks and Classwork

- Energy Map your day. Use high energy times for more intensive tasks.
- Create a to-do list and then reward yourself when you finish it.
- Explore a new study space.
- Create pressure with a timer and/or rewards.
- Do easier or shorter parts of a task first.
- Assess what feelings lead to procrastination or lack of motivation.
- Take time to rest to avoid exhaustion and burnout.

Disconnectedness to Course

- Connect with a study group.
- Name a small benefit to the task, even if you are not feeling connected to the material.
- Connect with people, such as a tutor or a professor, who can help you better understand the material.
- Pinpoint the challenging part of the task and build support around that part.
- Think of one question you want answered when you attend class.
- Find one interesting thing about the class that you are unmotivated in.

High-Level Motivation Concerns

- Assess your goals and determine why you need to follow through with difficult tasks.
- Make sure you are getting enough rest. Adjust your sleep schedule if needed.
- Make an appointment with an Academic Coach.
- Connect with the Office of Student Life if external factors are interfering with your ability to complete class work.
- Go to [Lafene Counseling and Psychological Services \(CAPS\)](#) walk-in services if you are experiencing mental health concerns such as anxiety, depression, loneliness, or feeling overwhelmed.