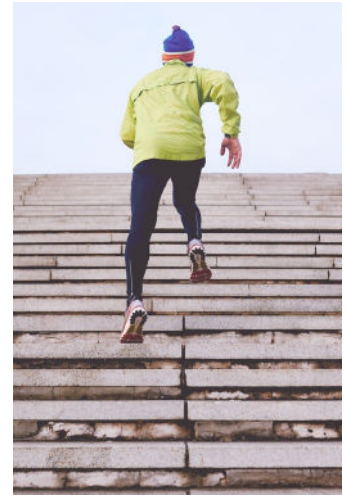


Motivation

Motivation to complete schoolwork can be hard to come by, especially in a day and age when instant gratification is pervasive. Obtaining a degree takes time, energy, and resources, and the rewards are not always immediate. When the excitement of pursuing a new degree wears off, some may question if the education is even worth it, particularly in light of many other life priorities.



Why Motivation is Important

Motivation is a key ingredient for success in all arenas, particularly in education. Without motivation, persevering through trials becomes all the more difficult. Motivation is what gives us the drive to carry on, to keep going, and to succeed. Sometimes you have to look for alternative motivators so that you will succeed in innovation, productivity, and creativity.

Intrinsic vs. Extrinsic Motivation

There are two main types of motivation: intrinsic and extrinsic. In simple terms, intrinsic motivators refer to internal rewards, while extrinsic motivators refer to external rewards. For instance, reading a textbook because one enjoys learning is an example of intrinsic motivation, while reading a textbook in order to get a good grade on a test is an example of extrinsic motivation. The action is the same, but the purpose behind the action is different. Of course, it is also possible to be motivated simultaneously by internal and external rewards. Learn what motivates you personally. Align the activities you need to accomplish to your personal intrinsic and extrinsic motivations.

3 Steps to Motivate Yourself

“We can't ignore our emotions. Because of the way our brains are structured, when thought and feelings compete, feelings almost always win” - E. Barker

1. **Get positive.** Research shows that our procrastination dominates us when we have a bad mood.
2. **Get rewarded.** Both rewards and penalties can be impactful motivators, but we tend to do a lot of successful and productive activities without enjoying the fruits of our labors. So, take some time to enjoy your work. It keeps you going.
3. **Get peer encouragement and support.** The people you spend time with helps shape the person that you become and when a group of people rallies around your success or development, you will thrive.

How to Maintain Motivation

Motivation is bound to fluctuate throughout the course of your education. This is to be expected. But how do you pick yourself up when you are feeling particularly unmotivated, or you're thinking about throwing in the towel? First, take a moment to reflect on the reason you started your degree in the first place. Remember what you are working toward and all that you have achieved so far. It might be difficult right now, but the hard work will be worth it. Check out [these tips](#) to motivate yourself.