

M.O.U.E TO MOTIVATE



M - MOTIVATE

Feelings Follow Behavior While it's true that behavior follows feeling (e.g., "I feel motivated, so I'm going to start working"), it's also true that feeling follows behavior. If we can start with the behavior first (even if we don't feel like it), and start some small movement towards our goal, a feeling of motivation can follow!



O - ORGANIZATION STRATEGIES

Organization is Key! Stay organized and on track. Research suggests that the best predictor of good academic performance is how well students are able to stay on one task at a time.



U - VALUES

What is Your Why? What is the bigger picture and why do you want to do this behavior right now? What about this goal is important to you? Keep perspective and remind yourself of what you will gain by completing this task.



E - ENCOURAGE & EXAMINE THOUGHTS

Encourage Create motivators for yourself. Once you accomplish things on your checklist, reward yourself with activities that calm the brain. Mental breaks help to increase our stamina. Start a reward chart, or decide on a reward to "earn" by completing your project.

Reframe "I'm so overwhelmed by everything I have to do. How can I even get started?!" to "I know this is a lot of work. I've gotten through difficult assignments before. Take a deep breath. I will get through this!"

Examine Thoughts How we think affects how we feel and behave. Self-criticism can reduce our chances of succeeding. If you're having a negative thought, reframe it to a more realistic/positive thought.

Reframe "I have to complete this assignment" to "I choose to complete this assignment."

Reframe "I have to finish the whole assignment now or there's no point to doing any work at all" to "I'm going to take it one step at a time, and that will help me make progress toward my end goal."



We recognize that many influences and events can impact our ability to feel motivated. If you need additional support, please refer to campus resources including CAPS, Academic Advising, Career Center, and The HUB.

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STUDENT HEALTH AND WELL-BEING
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(858) 534-3755
caps.ucsd.edu
@ucsdtritonsflourish

S.T.A.C. YOUR ORGANIZATIONAL SKILLS

S - STRUCTURE



- **Write It Down** Get a planner. Outline your week and day ahead of time. Refer back to it regularly. Create a task list to declutter your mind.
- **Give Yourself Buffer Time** Set your own personal deadlines before the official assignment due date.
- **Break It Down** Divide large tasks into smaller ones and prioritize them according to urgency. Do one thing at a time.
- **Block Your Time** Dedicate smaller blocks of time for specific tasks. Remove distractions while you work (e.g., phone in another room, notifications off, close websites, no social media). Be sure to include time for other priorities (e.g., exercise, sleep, social connection).

T - TRANSITION TIME



- **Rituals and Routines** It can help to create rituals to help switch between tasks (e.g., getting up and stretching, washing your face, getting a snack, going for a quick 5-minute walk outside)
- **Breaks** Schedule breaks throughout your day to reset your brain. It's not that one small break will make all the difference, but when small breaks are scattered throughout the day it can be meaningful!
- **Use Timers** Timers can help us stay on track. One strategy, the Pomodoro method, works in short breaks, using a timer to keep track of your work and breaks, which helps to sustain concentration.

A - ACCOUNTABILITY



- **Hold Yourself Accountable** Claim responsibility for your own choices and actions based on your goals and values.
- **Accountabil-a-buddy!** Share your goals with a friend so you can help each other stay accountable. Decide how often to check in with each other.
- **SMART Goals** We are more likely to follow through with a goal if it is a SMART Goal (Specific, Measurable, Achievable, Realistic, and Time-Bound). For example, "I will read one chapter of Physics each Monday at 9 am for one month starting this Monday."

C - CUES



- **Optimize Your Work Environment!** Do you prefer to listen to music when doing work or complete silence? Can you work in a group setting or need to be alone? Are you a morning study person or night owl? What visual cues help you to focus and work? Reflect on what works best for your study needs and create that optimal space.
- **Let Others Know** If you live with roommates give them a signal you are working (post-it on your door) and communicate your needs.

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