

Ways to motivate yourself to study

Different types of thought are subtle which can lead to difficult feelings that interfere with motivation. So to generate that motivation you could try some of the following:

1. Acknowledge your resistance and difficult feelings with motivation

It may be helpful to write these feelings or thoughts down and then leave these on the side so you can then study.

2. Do not run away

Avoiding work can make you feel deflated. This is emotionally more draining than having to go through the frustration of reading for your paper.

3. Create a study routine:

By nature, we're creatures of habit. If it's challenge for you to get to get motivated to study, you can put this principle to work for you. Habits are so powerful that once you develop a study routine, you'll find it difficult to go into relaxation mode without studying.

4. Do not blame yourself for procrastinating now and then

Try to become aware of the habit and gently make yourself to go back to the task sooner rather than later.

5. Try to understand your studying style better

What will make it easier for you to work? We are all prone to pleasant experiences and it is natural that we tend to avoid uncomfortable, dry chores and duties. So try to make your study experience as interesting as possible.

6. Don't question your abilities

Don't put yourself down by comparing yourself to others.

7. Visualize yourself starting

Make yourself sit down and work even if this is for just 20 minutes. See starting as a parallel process like a plane on a runway. You may start slow but you will still take off!

8. Focus on the task at hand

Prioritize the most important tasks and avoid multitasking.

9. Communicate to others any difficulties and/or what you intend to do

This can help you engage with the process and identify the important tasks. Communication / externalization can help you to commit with immediate goals and you could also find out others points of view and tips.

10. Take a time limited approach in which you schedule your tasks

Ask yourself 'how much can I achieve in the next 2 hours?' instead of 'Can I complete all tasks?' In this way you do not get as easily overwhelmed by the volume of study you need to do.

11. Remember that studying can be challenging and take you out of your comfort zone

Think about the hiking of Mountain Kilimanjaro; it is not easy and can even be uncomfortable but the pleasure comes when you begin to see the view from height, feel the fresh air and when you reach the destination you get a sense of achievement and satisfaction. Focus on the outcome and not the struggle to get there!

Finding and understanding your academic strengths and weaknesses:

Let's face it, school can be challenging at any age. When a student does poorly in a subject, they tend to focus on the negative. Those who try to improve will probably spend more time trying to overcome a weakness, such as poor reading skills.

Unfortunately, focusing on weaknesses is not the path they should take. It leads to a lack of confidence and neglect of their strengths, which is where their attention should be.

What are academic strengths? Academic strength include; curiosity, creativity, imagination, critical thinking, organization, time management and impulse control. Academic strengths are traits and skills that serve students as a strong foundation to excel academically. They are transferrable to knowledge-based careers that require strong critical thinking and problem-solving skills.

When academic strengths are discovered early it is easier to ensure they mature over time into valuable life skills.

The importance of analyzing academic strengths and weaknesses

Whether you are in school or in university, a deep awareness of your positive and negative traits/skills will help you to understand how to survive and ultimately thrive in school/university.

It will also help to grow your sense of self-awareness as you become more familiar with the inner workings of your abilities. Once you know what you are good at, you can spend more time developing your strengths. Let's start with a simple process to improve academic strengths and compensate for academic weaknesses.

- Discovery
- Development
- Application

First, you will need to discover your strengths and weaknesses. The discovery phase includes learning more about the most common positive and negative traits that you often possess.

Then you can identify which of these strengths and weaknesses exist within yourself. After identifying your strengths and weaknesses, the development phase is next.

This requires more focus on the positive skills and traits as opposed to the negative. To do so, it is best that you spend more time on activities that rely on your strengths. This approach will help you to build confidence.

Then during the application phase, you will apply steps for minimizing your weaknesses and relying on your strengths. These are steps that you will be able to use throughout your academic career.

Example of Academic strengths:

Here is a list of essential academic strengths:

- Attention to detail
- Creativity
- Critical thinking
- Enthusiasm

- Problem-solving
- Visualization
- Perseverance
- Flexibility
- Organization
- Some of these skills/traits develop naturally, while others require practice.

Discover and use your learning style:

Each person has different learning preferences and styles that benefit them. Some may find they even have a dominant learning style. Others that they prefer different learning styles in different circumstances. There is no right or wrong answer to which learning style is best for you – or mix of learning styles.

By discovering and better understanding your own learning styles, you can employ techniques that will improve the rate and quality of your learning.

Understanding your learning style and that of those around you isn't only helpful in educational settings. It can also help you understand yourself and others in work, families, relationships, and other settings.

With so many studies on learning styles, there are a lot of theories about how many learning styles there are and what each one should be called. One of the most influential studies found three learning styles: visual, auditory, and kinesthetic. This was called the VAK model. Since that study, another dominant style has been identified as reading/writing, and the model was expanded to become VARK.

The VARK Model

The most widely accepted model of learning styles is called the VARK model, which stands for visual, aural/auditory, reading/writing, and kinesthetic. In brief:

Visual (special) learners learn best by seeing. Visual learners prefer the use of images, maps, and graphic organizers to access and understand new information.

Auditory (aural) learners learn best by hearing. Auditory learner's best understand new content through listening and speaking in situations such as lectures and group discussion. Aural learners use repetition as a study technique and benefit from the use of mnemonic devices.

Reading/writing learners learn best by reading and writing. Students with a strong reading/writing preference learn best through words. These students may present

themselves as copious note takers or avid readers, and are able to translate abstract concepts into words and essays.

Kinesthetic (physical) learners learn best by moving and doing. Students who are kinesthetic learners best understand information through tactile representations of information. These students are hands-on learners and learn best through figuring things out by hand (i.e. understand how a clock works by putting on together)

Develop critical thinking and study skills

You'll often hear the term "critical thinking" without an appropriate explanation attached. Critical thinking skills are learned and sharpened over time, helping you to make better decisions, process information more effectively and express yourself more clearly. By honing your critical thinking abilities, you give yourself a boost in both your personal and professional lives. So, what is critical thinking, precisely? And how can you become a better critical thinker, starting today? This straightforward guide will provide you with a great starting point, looking at the definition of critical thinking and working through five methods of improving it

What Is Critical Thinking?

In the simplest terms, critical thinking is about carefully analyzing, processing and making sense of information. While it is often taught as part of a philosophy course (and has its roots in the work of Plato and Aristotle), critical thinking skills can be helpfully applied to any problem, subject area, question or concept. It involves closely monitoring your own thoughts, paying heed to where they come from and how they follow from each other, and it requires a degree of open-mindedness.

In particular, good critical thinkers try their best to be neutral with respect to their own thoughts, spotting biases and prejudices and then correcting for them.

5 Ways to Improve Your Critical Thinking Skills

Now, as noted above, you're not simply born with innate critical thinking skills. Yes, they're easier to acquire for some people than others, but they can in principle be cultivated in anyone. This means that if you want to be a good critical reasoner, you need to remember that becoming a critical thinking is all about practice.

- Ask Basic Questions
- Be Aware Of Your Mental Process
- Adjust Your Perspective

- Think In Reverse
- Develop Foresight

Five Ways to Improve or develop Your Study Skills

Strong study skills can help you learn more, achieve good grades. Productive study habits are useful to perform well.

- Establish Your Own Note Taking System
- Improving your focus
- Use Active Memorization
- Take Regular Breaks
- Ask Plenty of Questions