

Don't

Fall

Behind

Get

Motivate

d!

Set goals for yourself. They don't have to be big ones, in fact, the smaller the better. Start by

setting goals you know you can attain easily like writing the intro for a paper that's due in two weeks.

Set a schedule for studying and write it

down. Then actually follow
it!

Think positively! Focus
on what you are doing well, not
on what impedes your progress.

Arrange to get together with a study partner to do homework. If you count

on each other, you will get the work done to not let your friend down.

Start with homework you don't like or that is difficult. Your mind is still fresh at the

beginning of your study period,
and you will be able to find
energy at the end to do
something you like or something
easy.

**Ask for help if you
need it.** Once you

understand something, you are more likely to enjoy the subject and want to learn.

Use rewards to mark your progress. Go out with friends when you finish a project, take a snack break

when you finish reading three chapters or complete thirty math problems.

Turn your homework assignments into something that

interests you. Write your English paper about one of your hobbies, associate physics with football.