10 tips to motivate yourself and avoid stress

For more information or to talk through further ways to motivate yourself and avoid stress, come to the Student Life Centre in Bramber House.

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Skills Hub brings together all the resources available to you at Sussex to help you develop your skills
www.sussex.ac.uk/skillshub
1. Be organised

Being organised will help you stay on top of things. Keep a diary for university work including teaching sessions, tasks, deadlines and independent study sessions.

2. Make a term plan

Effective time management and planning are the best antidote to stress. A term plan is a useful way to get a visual overview of your commitments and allows you to plan ahead.

3. Work with your energy pattern

Everyone has a particular time of the day when they are most alert and more productive. If you study best in the morning or evening, make sure that you reserve this time for study. So, plan to relax, socialise and exercise when you would be least likely to work well.

4. Stay focused

Switch off your mobile devices and all applications that might distract you while you're studying. Find out where you study best and where you know you will have few interruptions. Remember you don't need to read everything. Make sure you have a purpose or question in mind when you read. This will help you engage with the material and be more selective.

5. Keep in good condition

Periods of intense study are demanding and you will benefit from being in good physical shape to attempt challenges. A healthy diet, enough sleep and regular exercise are important essentials to keep you fit enough to do your best. Never feel guilty taking some time to take care of yourself. You will be more productive if you are healthy!

6. Start early

Don’t leave things to the last minute. Start your assignments as soon as you receive them and set yourself weekly goals of what you want to achieve. Start by making a plan

7. Avoid procrastination

Start with something easy or interesting. Once you’ve started it’s easier to keep going. If you’re struggling with concentration, plan for shorter study sessions and have regular breaks.

8. Prioritise your work

In busy periods when you have a lot of work due at once you will need to prioritise. Start by writing a list of all the things that need to be done this week. Break down bigger tasks into smaller chunks, then allocate a time slot in your timetable. This will help you feel calm and on track.

9. Use incentives

Give yourself incentives. Try to have something to look forward to after your planned study session. Use your distractions as rewards and plan time for private emails, social media, internet surfing or time with friends after completing your task.

10. Think goals and intentions

Keep your initial intention and long term goals at the forefront of your mind. You are at university for a reason, to learn and grow, gain knowledge, skills and confidence. If you remind yourself of your own personal hopes and goals, they can help you remember to honour your intention and stay on track with your work.