

MARCH MOTIVATION

Lakes Student Services' Monthly Newsletter

WHAT IS MOTIVATION?



Many students report feeling 'unmotivated' right now. Motivation is actually a process and not a feeling. Motivation is the process we use to act out our goal-oriented behaviors. Motivation is why we do something. It is what keeps us going and working towards our goals. Typically, we are motivated by internal or external factors.

What motivates you?

MYTH OF MULTITASKING

*Multitasking may seem like a time saver but the working memory can only handle one task at a time. That's why we don't always remember what our teacher is saying during class if we have the tv on in the background or are checking social media. **Our brains can't keep up with the information!***



MINIMIZING PHONE USE



It's no surprise that checking social media or texts during class can have a negative effect on learning. Studies have suggested that one way to reduce this media multitasking is to institute "technology breaks" or brief pauses to check text messages and social media.

*By scheduling a set 5 minute break every few hours specifically to check your phone or social media, you will become less likely to engage in that behavior outside of that set window, when you need to be focusing on class or completing assignments. **Give it a try!***

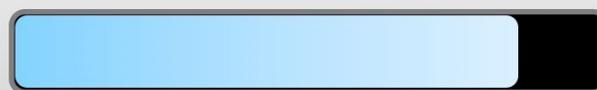
MORE WAYS TO BE MOTIVATED DURING HYBRID LEARNING

- **Set up your environment at home**
 - Find a quiet area to work where you will be able to focus
 - Work from a desk or table. Our brains think that it's actually time to sleep and not time to work if we work from bed.
 - Keep desk clear of unnecessary items or clutter
 - Minimize distractions
- **Keep up a morning routine**
 - Getting a good night's sleep, waking up at the same time in the morning, having breakfast, changing out of pajamas, these are all things that can help signal our brains that it's time to get working.
- **Use a to-do list**
 - Create a to-do list of small, achievable tasks. Step one of every to-do list can be 'make to-do list.' Hooray! You've already checked something off.



Right now, it may be difficult to be motivated but you can still work hard to complete necessary tasks. Oftentimes, our behaviors can improve our emotions and thoughts. So if you can start to get things done, the positive feelings may follow!

MOTIVATION



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Reference

Guinness, K.E., Beaulieu, L., & MacDonald, J.M. (2018, November). Effects of technology breaks on media multitasking with college students. *Behavioral Interventions*. 33(4), 427-439. <http://doi.org/10.1002/bin.1529>