

WHAT MOTIVATES YOU?



Vilnius
University



DO NOT BLAME YOURSELF FOR PROCRASTINATION

Try to recognize that you may have a procrastination habit and gradually change it. Observe yourself and try to get back to the subject you are studying as early as possible.



APPRECIATE THE PATH YOU HAVE ALREADY TAKEN

Criticism and comparing yourself to others weakens self-confidence and motivation. It is much more helpful to remember how much you have learned since the 1st of September to this day.



REWARD YOURSELF AFTER PASSING THE EXAM

Reward yourself with a piece of chocolate, a movie ticket or a good conversation with a friend(s).



LEARN FROM EXPERIENCE

Remember the subject you have been good at. What helped you before: place, time, tools, learning methods or people?



VISUALIZE THE END OF A TASK

Imagine the whole process of doing the task and how you will feel after doing it.



MAKE YOUR STUDIES MEANINGFUL

Remember why you chose to study this study programme. If you cannot find an answer, maybe you are not on the right path? Sign up for career consultation by email careercentre@vu.lt

