WHAT MOTIVATES YOU?

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