**Larbi Ben M’Hidi University**

**Mthodology/ 2nd Year (LMD)**

**S.AROUF**

**Procrastination and Motivation2**

**Be Motivated**

Be clear about the outcomes you want to achieve, the steps you need to take to achieve these, and what you will do to build and maintain your engagement and enthusiasm.

Your level of motivation will affect your success. No matter how much you love your subject or want to gain a good degree, there may be times when you don’t feel like studying or wonder whether you would be better off doing something else. You need strong motivation to keep yourself going at such times.

**What affects motivation?**

Motivation can be affected by all kinds of things, from changing your mind about the career you want and the qualifications you need, through to your friends leaving the course. Most students experience periods of lower motivation at times, though they usually work through these.

Key influences on motivation

Motivation to study is affected by such things as:

• clarity of purpose

• being on the right course

• managing the ‘boring bits’

• confidence of the outcome

• using time well.

**Reasons for weak motivation**

1 loss of direction

2 boredom, resulting from poor study strategies

3 too much or too little challenge

4 crises of confidence.

**Signs of weak motivation**

- finding excuses not to study

- not being able to settle down to study

- Losing interest in the subject

- becoming easily distracted

- giving up quickly.

Table1: How strong is your motivation? (Cottrell, 2013, p.111)

|  |  |
| --- | --- |
| Make a frank evaluation of your own motivation.Rating: 1 = low; 5 = high. | Rating |
| 1 I have a strong sense of purpose2 I know my reasons for study3 I am clear how my study will benefit my life4 I set myself clear targets for completing tasks5 I am driven to achieve well6 I can get going quickly when I sit down to study7 I have strategies for getting myself down to work8 I stay focused once I sit down to study9 I always complete work by the deadline10 I create the time I need to complete tasks well11 I set personal challenges that inspire me12 I take pleasure in achieving milestones/goals13 I study well even when I don’t feel like it14 I keep going even when things get tough15 I give thought to how to keep myself inspired16 I find ways of making study sessions enjoyable17 I make the subjects I study interesting to me18 I avoid actions that might sabotage my study19 I use criticism as a spur to doing better20 I manage anxieties and crises of confidenceTotal score out of 100What do you think that your overall score and your rating of individual items tell you about your motivation? | 1 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 51 2 3 4 5 |