

Motivation

- ❖ “I just couldn’t be bothered”....
- ❖ “I’ll start it tomorrow”....
- ❖ “I’ve lost interest”....
- ❖ “I can’t seem to get up and going”....

DOES THIS SOUND FAMILIAR?

What is motivation?

- Motivation refers to the tendency toward action and there a multiple factors that influence one’s degree of motivation. These can include psychological variables related to your belief in your ability to perform a particular task, the degree of control you feel you have over the outcome of the situation, and whether you attribute the outcome to personal characteristics, external/environmental factors, or chance. Emotional factors such as a fear of failure, need for success, external pressures and rewards, and our expectations of the outcomes are also important. Factors related to the task itself including our level of interest, our perception of difficulty, and the value we place in achieving the goal or completing the task also impact on our motivation.

What has happened to mine?

- Motivation fluctuates and at times we can all expect to experience periods of low energy, drive, and the general desire to do things we know we need to. Energy and motivation can decrease during periods of physical illness, low mood and depression, but also in response to feeling overwhelmed by something such as our study load for example. We may also be lacking personal interest in a particular task, or it may deviate from our core values, and thus is not internally important or ‘intrinsically motivated’. If we are struggling with something and perhaps our grades are reflecting our difficulty, our motivation to continue can reduce as we start to question our abilities and chances of success.

How do I improve it?

- The most important thing is to recognise any change in your motivation and stop to think about why. It may be clear that you have lost interest in a particular course or no longer feel it is the correct career path for you, or maybe you are going through some personal difficulties which have demanded you time and effort. Secondly, it is important to implement strategies to help and seek support if you would like additional assistance ASAP.
- Helpful strategies include developing suitable, realistic, and meaningful goals, or re-evaluating your current goals to ensure they are realistic given your current circumstances; develop sub-goals that break the larger goals into smaller, more manageable tasks – ensure that these are easily attainable/achievable to give you a sense of achievement and productivity that will strengthen your motivation. Reward yourself upon completion!

Who else can help?

- Student Services
- The Learning Centre

Free, confidential counselling available for currently enrolled students at
USQ Student Services
Toowoomba Campus, G Block Ph: (07) 4631 2372
Springfield Campus Level 3 Main Building Ph: (07) 3470 4400
Fraser Coast Campus Student Hub C Block Ph: (07) 4194 3125