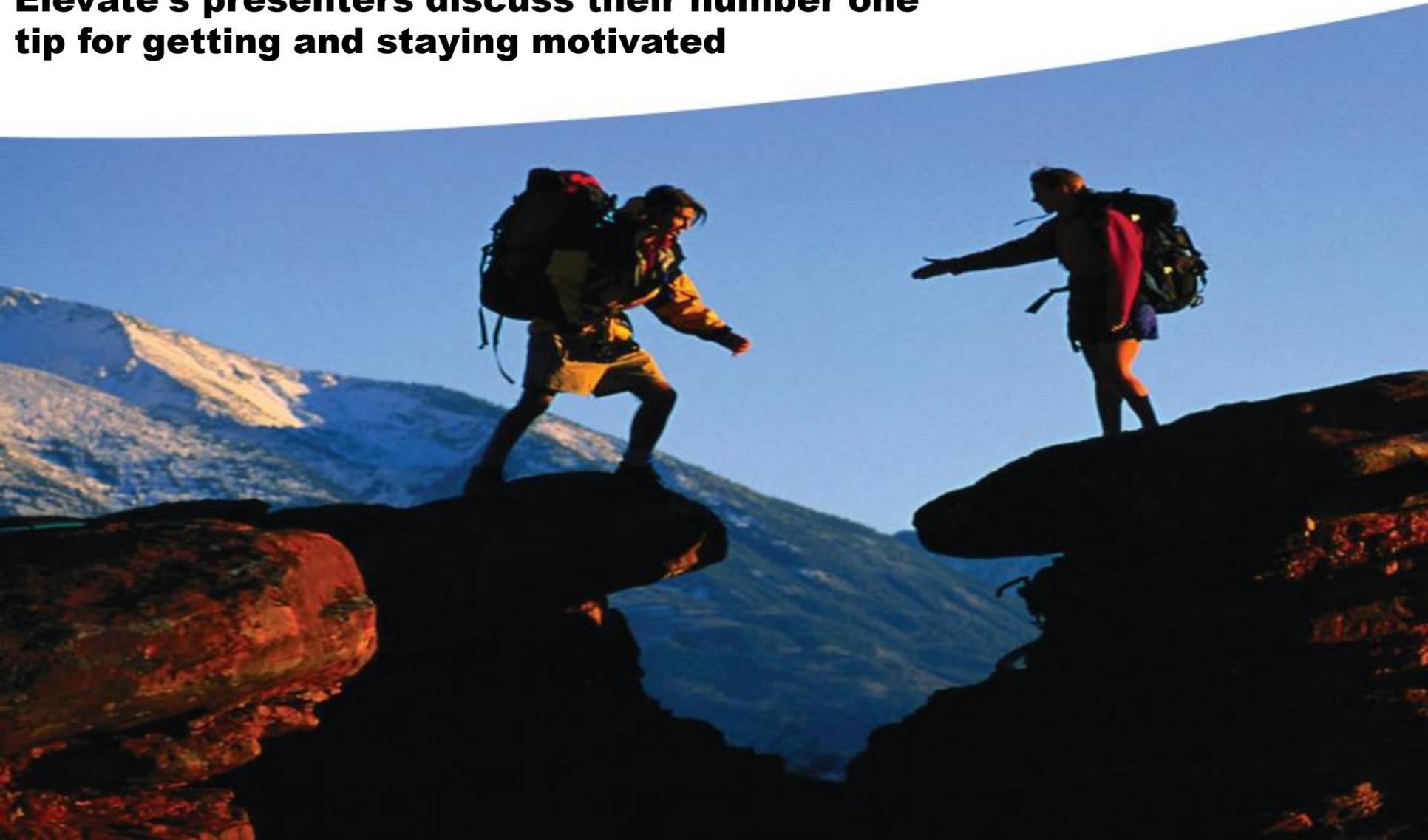


How to get and **STAY** motivated



Elevate's presenters discuss their number one tip for getting and staying motivated



Get motivated and stay motivated!

In many ways the biggest challenge in the final years of high school isn't working out what work you need to do, but instead finding the motivation to sit down and do it. But here's the good news: there are specific strategies or tips for getting motivated and more importantly for staying motivated. The top students weren't born motivated and they definitely aren't motivated because they love study or because they have nothing better to do with their time. Instead, they do very specific things to get motivated and they keep doing them across the year in order to stay motivated.

In this booklet our presenters will walk you through the specific, practical, tangible and most importantly, simple things they did in order to get fired up and work consistently across the year.

And remember, that if you find yourself lacking in motivation at any stage across the year, you can jump on the Elevate website at www.elevateeducation.com to get more tips for motivation.

Best of luck!



Douglas Barton
Managing Director
Elevate Education

To-do lists



I found that breaking home work tasks and exam preparation into small and manageable goals, and then writing these goals down onto a check list, really helped motivate me during my year 12. This meant that every half hour or hour I was able to tick off one or two items on my checklist. Ultimately, this ensured I did not become too overwhelmed by the task ahead, and made me feel like I was constantly accomplishing things.

Liberty

Liberty studies Arts / Law at Monash University

— Spend some time at university

As a competitive person, the thought of other people beating me was enough to get me studying! Also, putting up photos on my wall of the world's most amazing universities, like Oxford, Cambridge, Harvard motivated me to put my head down and get the study done. Actually spending time at uni (I studied in the University of Sydney library) made me excited to just finish Year 12 and start living the uni lifestyle.

Holly

Holly studies International and global studies at Sydney University



Avoid feeling like you are missing out on something

I would always study at the same time as my sister. This way one of us wasn't studying while the other was outside, watching TV or doing something clearly more enjoyable. If you have siblings I suggest you study with them, even if you are a few years apart, as it makes studying seem less tedious.

Emma

Emma studies Secondary Education at Curtin University.

— Get Physical!

If you've had a slow, boring, tiring day at school; go for a run before starting to study. Let your mind wander off for half an hour, listen to some music and get the blood flowing before starting to focus on your work.

Daniel

Daniel studies Arts / Law at Monash

Use sport or fitness as a reward and relaxation tool. By keeping up my athletics training and weights routine through year 12, I gave myself a second outlet to feel like I was 'doing something worthwhile'. If I knew I needed to study but just couldn't stomach it that day, often doing a gym workout before I went home in the afternoon would make me feel like I was making positive progress in my life and I used this as motivation/momentum to stop my procrastination in regards to study.

Ryan – *Ryan studies Arts / Law at Griffith University*



Get a study buddy

For me motivation was all about having someone there with me to study. When I was by myself I would drift off to think about completely irrelevant things, and generally end up watching an extraordinary number of dodgy, dodgy TV shows. When I was with my study buddies, we all became more motivated. We would collectively set goals, and only once we had all achieved them would we be able to have our necessary gossip session combined with a good feed and a splash of exercise. It was a winning formula.

Michelle

Michelle studies Arts at the University of Queensland

Goals

Set yourself a goal. It doesn't have to be a big one like deciding what you want to do with the rest of your life, it can be as simple as wanting to get a certain mark on the next exam. Knowing what you are working towards when putting in the hard yards really helped me keep going when it got tough!

Zoe

Zoe studies Arts / Law at the University of Queensland



It's all about having a goal - something to provide a light at the end of the tunnel. Decide what it is that you want to do in the future, figure out what you need to do to get there, and then if that goal is worth working towards, the motivation to do the necessary work will surface.

Nathan - Nathan studies Commerce / Economics at the University of Queensland

More on goals...

My motivation came largely from the goal I created for myself, which was a specific ATAR that I was aiming for in the hope of getting a scholarship. When I didn't feel particularly motivated I would check out a website called ATAR Calc which allowed you to mess around with your individual subject scores and it told you what ATAR you would get based on those scores. It was quite entertaining, and made that big number more achievable.

Ash

Ash studies Arts / Science at Monash

Get rewarded

Set up a reward/target game for yourself. Whenever I was unmotivated, the thing I found that helped the most was to put aside a reward for myself - be it chocolate, food or even X many minutes of TV - and not allow myself to eat or get it until I'd completed the required amount of study.

Alexandra

Alexandra studies Commerce / Law at the University of Queensland

I decided at the start of Year 12 that I was going to take the next year off and travel around Europe. Whenever I felt like work was piling up or whenever I was getting stressed I would think about the fact that in a few months time I would be chilling out in Europe and things would seem much more manageable.

Doug

Doug just graduated from a Bachelor of Business from Monash University

Break your work into little pieces

The more you do in little parts the easier it will be in the end. So if I get my homework all done on time this week and go see that teacher about that maths thing I don't understand, that's one more thing I've knocked out of the way that I don't have to stress about. In the short term, I also found that I wouldn't feel guilty going to that party on the weekend if I've already done what I have to do for the week.

Maddie

Maddie studies a Bachelor of Communication / Arts at the University of Queensland

Visual reminders and rewards

Throughout Year 12 I had a post-it note with the university course I wanted to get into stuck to the wall in front of my desk. Every time I sat down to study I would see it and it would remind me of how much I wanted to get into my course. Towards the end I put a picture of the Uni next to the post-it note..

I also used to plan small rewards for the end of a study session. I used to study at the library a lot, and the library would close at around 5pm. I would ring a friend and arrange to meet her for a coffee/hot chocolate at 5pm for about 20 minutes before going home, so when I got home I wouldn't feel like I had just been studying for hours.



Charlotte

Charlotte studies Arts / Law at Sydney University

Connect with your goal

Get as involved as you can in what you want to do after school. I knew that I wanted to study Arts/Law at university, so I studied one university subject while in Grade 12, competed in mooting and debating competitions, spoke with law students and visited the campus that I wanted to study at. This helped me recall that all the hard work was for something I wanted!

Emily

Emily studies Arts / Law at the University of Queensland



Work with friends!

I found at times that I couldn't get motivated when I was by myself. Therefore, throughout the year I decided to constantly work closely with friends and peers prior to assessments and exams. This method ensured that I constantly had a support network pushing me forward during those days when I couldn't push myself. Simply seeing my peers working hard created a powerful motivator for me to continue working.

Elliot

Elliot studies Arts / Law at Monash University



Get specific!



My top tip for being motivated throughout Year 12 was to pick a specific goal for the ATAR I wanted to achieve. Not a wide-ranging goal either. The best ATAR goals are something like 73, 86, 93 or 99.6 - the reason being is that a specific goal seems more realistic than a vague abstract number. Paradoxically, it is unbelievable how close you can get to achieving your goal. I set my ATAR goal to the decimal place and was 0.1 away from my goal.

Justin

Justin studies Arts / Law at the University of Western Australia

Track how well you are doing

I used to put my really good test marks up on my bedroom wall. This meant I was always seeing the upper end of my performance at school and was able to set goals above those marks to constantly push myself further.

Everyone always talks about university based goals (and I definitely think they are important) but one of the things we don't tend to talk about as much, is the need to also have short-term goals. By putting my assessments on my wall, I could see every exam that was coming up, and normally they were only a few weeks away. Then, by having a goal for each of these assessments, I found that I had a reason to sit down and work on a daily basis.

Mike

*Mike studies Business at the
University of Western Australia*

Squeeze in whatever you can

The best thing I did was put in place ways I could take advantage of incidental time. I recorded my notes so I could listen to them on the bus or while I was running. That way, even if I only picked up on a few points, I was still topping up my memory with constant revision. I put some difficult maths equations in plastic sleeves on my shower walls so I could memorise them while washing my hair.

Margot

Margot studies Media and Communications at the University of Technology Sydney



Best of luck! We hope this helps you get fired up and motivated!

Best of luck to everyone from:

- Ashley
- Alexandra
- Nick
- Nik
- Emily
- Mike
- Charlotte
- Jamie
- Peter
- Liv
- Alice
- Laura
- Madeleine
- Christian
- Josh
- Jeremy
- Cassidy
- Tami
- Elliot
- Emma
- Carmen
- Justin
- Margot
- Michael
- Nathan
- Liberty
- Holly
- Michelle
- Zoe