

Losing motivation

Without a doubt, most of us will lose motivation at some point during the revision process. Losing motivation can take many forms. Many of us will find that we just simply don't want to work any more. Others will find themselves putting work off for hours, doing absolutely anything they can to avoid it.

Causes of demotivation

We have identified **four** main causes of demotivation:

- 1. Having no reason to work**
- 2. Feeling overwhelmed**
- 3. Disliking the work**
- 4. Social media**

Discuss which one you know affects you the worst, and what you'd do in that situation.

No reason to work

The feeling of ‘why am I even doing this’ can sometimes be overwhelming, and can put us off ever getting started, let alone completing the work we have to do.

No reason to work

Solution

- Give yourself a (written down) goal to work towards. Perhaps you know that you got 65% on your most recent maths exam. So aim for 68% next time. Then 71% after that.
- These are not huge increases each time, but, if you can work out how to get there, then they all add up. Eventually it might mean the difference between an A and a B which can make universities, apprenticeships and employers decide whether or not to accept you.

Feeling overwhelmed

Knowing how much work you have ahead of you, or even in the next hour, can sometimes be so overwhelming that you struggle to start tackling any of it.

Solution

Break your work down, and give yourself a To-Do List. Like this:

- Finish Maths Practice Paper
- Look over notes on Pride and Prejudice
- Create mind map on waterfall formations

Then, simply, tick off each step as you complete it. Completing a To-Do List is immensely rewarding, so give yourself a treat at the end.

Feeling overwhelmed continued

Sometimes feeling overwhelmed can be down to other factors, including a lack of focus, a feeling of anxiousness or tiredness and irritability.

Mindfulness is a practice in which you focus on being present in the room, rather than worrying about external factors, and you deal with what's in front of you. Two very useful apps (both of which are free) that help you practice mindful techniques are:



Disliking the work

Even after the previous two steps have been considered, and we've changed up our approach to revision, and good revision techniques, it is more than likely that there will be some parts of our curriculum that we simply don't like, and therefore lose any motivation to study.

Disliking the work

Solution

- Work with friends. Getting a good study group going can be immensely rewarding, as long as it is productive rather than distracting.
- For example, teaching each other your notes, debating ideas that you are studying, setting each other practice questions and marking each others' answers are all excellent uses of your time.

Social Media

Above all else, many of us will find the presence of our phones or computers a huge opportunity for distraction, demotivation and procrastination. Sometimes, putting them on the other side of the room is not enough.

Solution

App- and website-blocking technology, which you can customise to block websites/apps that you know are distracting you for as long or short as you like. Our recommendations include: Freedom, Forest and StayFocused.