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MOTIVATION TO STUDY

Many students who study in Ukrainian higher educational institutions are not interested in studying. They are lack of motivation and need to achieve it. The question arises: “What to do?”.

Firstly, let's look at the concept of "motivation". Motivation creates conditions that affect human behavior. Motivation makes us feels good, energizing, and drives us to get things done. We need to start even if we don't feel ready, trusting that motivation will follow, which will then enable us to take more action.

There are positive and negative motivations. Positive motivation focuses on the positive things that can happen from taking action. This might look like: “In the process of writing this essay, I'm learning new things that will be useful in the future”. Negative motivation focuses on the negative consequences that might happen from not taking action. For example, “My parents will be disappointed in me if I don't get a certain mark.” Unfortunately, many students are negatively motivated.

Many people fall into the trap of thinking that we need to feel “motivated enough” before doing something. Psychological research shows the converse - it's action that leads to motivation, which in turn leads to more action. This means that at times, we need to start even if we don't feel ready, trusting that motivation will follow, which will then enable us to take more action.

Fortunately, there are many effective ways to increase and maintain motivation to achieve what we want to do while studying at university. Reconnect with your “why”.

Strategies to improve motivation. One of the most powerful ways to find motivation is to reflect on the reasons why you chose to study in the first place. You could:

1. Write a list of the 3 main reasons why you decided to study this course and stick it on your wall.
2. Write a list of your values and remind yourself of them regularly.
3. Imagine your life in the future and how your degree will help you. Keep this future version of you in your mind and use it to motivate you now.

Recommendations:

Some people study better with a routine, whereas others need change and variety to stay motivated. Consider trying a new study location such as the library, your favourite café, or experiment with different methods such as listening to instrumental music while studying or the Pomodoro Technique. See what works for you.

Remember that you don't need to do it alone – if you are someone who feels motivated by working with others, join a study group or surround yourself with supportive friends who encourage (rather than distract!) and help you keep on track.

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