

Intrinsic Motivation

Build a motivation for studying that you're likely to stick to with these tips from Science Peer Academic Coaches.



WORK TOGETHER

- Working with others can build your intrinsic motivation for studying and help you understand the material better.
- Grab a couple of classmates and [form a study group](#) to help each other with the course material.



APPRECIATE YOURSELF

- Remembering your achievements can be a great source of intrinsic motivation; it builds confidence, reinforces your interest in that activity and helps with future goal setting.
- Make a list of achievements you are proud of, such as a past project, presentation or exam.



PLAN AND PLOT YOUR PROGRESS

- Split your plan into smaller, more attainable tasks and create a visual representation of how you are progressing, such as crossing items off a list.
- Evidence of your progress can drive your motivation to continue towards your goal.



REFLECT

- Reflect on your long term goals, aspirations and values, and remind yourself of how your current actions will contribute to your bigger vision.
- If you feel unmotivated in your studies, try drawing links in the material to things you find interesting or that align with your values.



ADOPT A GROWTH MINDSET

- **Growth mindset:** The personal belief that your abilities aren't fixed and can continue to develop.
- If you get a dissatisfying grade you could tell yourself, "I haven't had enough practice yet" instead of "I'm just not good at math."
- Reflect on how you can do better next time and try challenging your assumptions about yourself.