

# 10 Tips to Motivate Yourself to Study

Here go some significant tips that might help you get motivation while studying for long hours or while developing a sense of monotony.

## 1. Understand your Study Style

Before anything, try understanding the way you study. Are you someone who reads pages after pages to memorize the notes? Or do you belong to that category where students, after going through a specific portion, jot it down in papers? With due respect to both the studying styles, the second method works best! Taking down notes after every chapter is an engaging way to keep up your interest in the subject. This way there are fewer chances of you being demotivated.



## 2. Stop the Comparison

You have a friend who completes her assignments days back that you do. She even is a first learner and finishes a chapter before its taught in class. That's an awesome feature. On the other hand, you love to take it slow but steady. Do you compare yourself to that of your friend in terms of ability? If so, stop that immediately.. You are good the way you are!, its good to go! The quality of your work matters, not the tenure.

## 3. Avoid Multitasking

Very few in this world are endowed with superb multitasking ability. But when it comes to studies, you should focus on that part only. Other engagements during that time can shift your focus and you might end up catching yourself in a pool of notes later. Therefore, focusing on the current work while studying is vital than engaging yourself in simultaneous activities.

## 4. Communicate

We often don't take it seriously, but healthy communication provides means to get out of a continuous problem. When you convey your thoughts to your close ones, the load gets lighter and you can feel better.

## 5. Stop Running Away

Despite the difficult times and your disdain, you must not run away from the situation. Doing so will only bring trouble to yourself. You will find all the load piled up and coming towards you. To avoid such a fiasco, its better to face the situation. Gently push yourself to the pending assignments and get those done. Its now or never!

## 6. Prepare a Study Time Table

The finest way to draw **study motivation** is a proper schedule. When you have a timetable and strict schedule to follow, things start getting easier..

## **7. Regular Intervals**

**How to study for long hours?** An energized and effective study requires gaps in between. Surely, not now and then but after a specific time. Try utilizing the breaks in something pleasing. Like, you can tune in to your favorite soft music and enjoy a good time. Or, you can spend some time with your pet who is always set to put a smile on your face. Make sure to return from the break with a happy mind that helps you to focus on your studies again.

## **8. Practicing Yoga or Regular Exercise**

The contribution of physical exercises to physical and mental well-being is undeniable. Moreover, it helps you gain concentration and focus more on any work that you are doing. What's most important is that proper blood flow to your brain. So, indulge yourself in anything that makes this thing smoother. Try going for a morning walk every morning or do physical exercise or yoga .

## **9. Set Small Goals**

Do you know who is your biggest competitor? Its You! Yes, always set a healthy competition with yourself to stay energized during the study hours. Got 50 in your previous test? Work hard to score 70 this time! I am not telling you to rush in everything but a healthy competition with your inner self is effective to help you throughout!

## **10. Avoid Social Media Before Exams**

In this digital era, the significance of social media is not unknown to anyone. Rather it is a form of recreation amidst the hectic days and busy schedules. However, they are responsible for creating mental pressure too. If you'd like to listen to some effective **study tips for exams**, remove yourself from social media completely during the exam tenure. It will help you focus on what's important at the moment and not the random stuff you come across while scrolling through Facebook!

So you see these were just a few tips regarding study motivation to guide you in the right direction. However, the final call will always be yours! And it depends on you how you choose to see your problems. The better you face them and the better you live!