Motivation and Procrastination
Motivation and Procrastination

Activity:
What are you aims/goals?
Motivation and Procrastination

The aim of this presentation is to cover:

- What is Motivation?
- What is Procrastination?
- How to Motivate Yourself
- Threats to Motivation
- Maintaining Motivation
- Procrastination: Getting Started
- Procrastination: Avoiding Distraction
- Rewarding Yourself
Motivation and Procrastination
What are they?

**Motivation:** A reason or reasons for acting or behaving in a particular way (Oxford Dictionaries, 2018a)

**Procrastination:** The action of delaying or postponing something (Oxford Dictionaries, 2018b)
Activity: There are two types of motivation; Intrinsic Motivation and Extrinsic Motivation.

Can you match the characteristics to the right motivation type?

- Your own expectations
- Internal rewards
- Achievement based rewards
- Other expectations
- External factors
- Self praise
Motivation

Intrinsic Motivation
- Self praise
- Internal rewards
- Your own expectations

Extrinsic Motivation
- Other expectations
- External factors
- Achievement based rewards
Motivation
How to motivate yourself

Be realistic: Unrealistic thinking sets you up for failure

Have high standards: High expectations are linked to success / Plan accordingly

Set realistic milestones: Chart your progress

Reward achievement: Appropriate to the goal

Find your motivation: Long term goals

(Cottrell, 2010, p.24, 79)
Motivation
Threats to motivation

- Previous Negative Experience
- Too High Expectations
- Disappointing Results
- Increased Independence
- Work Load
- Moving Out
- Self-Generated Fears
Motivation
Maintaining motivation

- Good Planning
- Attitude
- Communication
- Study Skills
- Goals
- Aims
Procrastination

Procrastination is the act of delaying or postponing doing something, often by doing another something which is less important and can come about from several causes

(Frankton, 2014)

Activity:

As a group write down all the ways you procrastinate to avoid doing something that needs to be done and consider why you might procrastinate
### Procrastination

#### Getting started

- You do not understand the task
- The task is too big or overwhelming
- The task seems too easy
- You fear judgement
- You are put off by a blank page
- Your mind wonders

#### Avoiding Distraction

- Turn off your phone / computer
- Find a place to work which is away from friends and family
- Tell your friends and family when you still be studying and ask them not to distract you – also remember to tell them when you are free to catch up!

(Williams and Reid, 2011, p. 21, 89-90)
Procrastination
Changing habits

If your current situation is not working for you try something new!

Activity:
Next time I study I will try....

If you really struggle to keep focused try using these Apps

Forest App: https://www.forestapp.cc/en/
Stay Focused Time Dozer
Reward Yourself

Have that cup of tea after you've done the first draft of you essay

Ring your friend once you have read the chapter of the book your reading
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References


References


