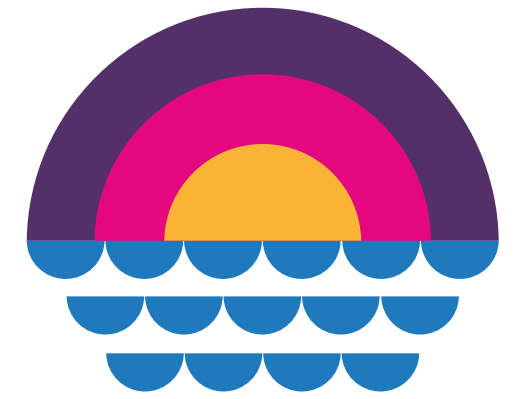


# SUMMERPOD

## STAY MOTIVATED



Check out our top tips for staying motivated!

- **CREATE A STUDY ROUTINE**  
By nature, we're creatures of habit. If you find it difficult to motivate yourself to study, this tip may be beneficial to you.
- **SET ATTAINABLE GOALS**  
Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.
- **STUDY IN SHORT BURSTS**  
You are more likely to retain information from short bursts of learning as your attention will be increased.
- **REVIEW YOUR RESULTS**  
Reviewing your results is important to check where you have gone wrong and to keep away from similar mistakes in the future. It's also an essential motivating factor to see how much you have improved.
- **EXERCISE**  
Exercise is a great way to motivate yourself, impacting attitude, cognitive skills and classroom behaviour.

**BELIEVE**  
**IN YOURSELF**  
**AND YOU**  
**WILL BE**  
**UNSTOPPABLE**

- ← **INSPIRE YOURSELF**  
Post reminders and inspirational quotes in prominent places about what you want to achieve.
- ← **DON'T COMPARE**  
Don't try to compare yourself with others and try to focus on your own results and how you can improve them.
- ← **GET ENOUGH SLEEP**  
Make sure you get enough sleep, ideally 7-9 hours every night. This will help to encourage a relaxed and well-rested mind and body.
- ← **REWARD YOURSELF**  
Every time you complete one or two chunks, reward yourself with a short period of relaxation. Rewarding yourself with short and enjoyable breaks is a key part of the 'chunking down' technique.
- ← **FOCUS ON PROGRESS**  
Focussing on progress rather than the result will help encourage motivation. If you get this process right, the result will follow.