

How Do I Stay Motivated?

When you received last semester's grades, you may have pledged that this semester would be better. Yet now you find yourself cutting classes and staying up all night to do homework.

Somehow you have lost your motivation to study. While there are many ways to solve this problem, one possible answer is to look at how satisfied you are with campus life. If you are unhappy, it's difficult to find the mental energy to focus on your studies, no matter how good your intentions.

When your campus life is limited to classes and homework, you can quickly lose your incentive to study. You may feel that you are sacrificing yourself for the sake of your classes. You may feel disconnected from campus life. Maybe you feel that you don't quite fit in. Perhaps the campus community doesn't feel welcoming or inviting.

However, this is YOUR university and there are ways to make campus life more rewarding for both you and your classmates and at the same time, motivate yourself to do better in your classes. Here are some ways to do this:

- * organize a study group
- * get a campus job
- * join student organizations and go to campus events
- * volunteer on campus and within the surrounding community

THE BENEFITS OF A STUDY GROUP

Study groups can motivate you to attend classes regularly, especially during a mid-semester slump.

Study Groups for Specific Classes.

If you have organized a study group for a particular course, your study buddies will miss you when you're not in class. Study groups look out for each other.

Study Groups Where You Live. If your study group is based in your residence hall, your group may plan to walk to class together. If you're a commuter, you may plan to meet your study group for breakfast before going to class.

THE BENEFITS OF A CAMPUS JOB

- * If you have job in an academic department, you may have opportunities to see how your course work is used in research.
- * You may be in a better position to secure an internship or permanent position after graduation.
- * Many jobs give you a chance to improve the quality of life on campus. As Tutors, Resident Assistants, Admissions Tour Guides, etc., you can enhance your campus community.
- * Often you'll find an academic mentor among the faculty and staff at your work place.

THE BENEFITS OF JOINING A STUDENT ORGANIZATION

Organizations exist for a number of purposes: some are social groups; others enhance professional and career development; and some promote specific causes on campus, in the greater Cleveland area, and throughout the national and international community.

The Student Activities and Leadership office in Thwing Center has a list of the current student organizations, the officers, and the meeting times for each group. You can also start your own group if there isn't a student organization that meets your needs.

THE BENEFITS OF VOLUNTEERING

By investigating the role that you yourself play in the lives of others, you regain a vision of the "big picture," which is so often hidden by exams, projects, and papers. Volunteering in the community can give you a sense of purpose because you are making a measurable impact in someone's life. Sometimes, the only way to get things done for yourself is to get things done for others.

The Office of Center for Civic Engagement and Learning, located on the lower level of Thwing Center, designs volunteer opportunities for students given their interests, time, knowledge, and skills.

