

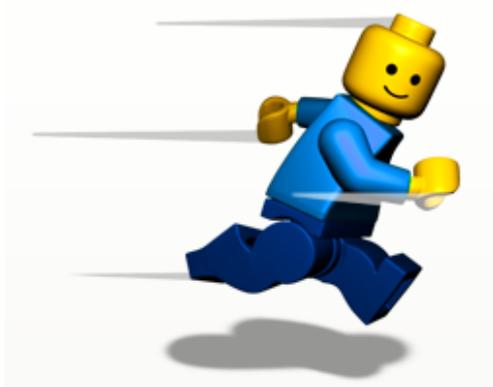
WELL-BEING *with Heart*

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MOTIVATION

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MOTIVATION: WHAT IS IT AND WHERE CAN I GET SOME?



Over the past few weeks we've received lots of questions about motivation. How do I stay motivated to do my schoolwork when I'm not physically in the classroom? How do I focus on my schoolwork when there are so many distractions at home? How do I motivate myself to do homework or assessments after I've just spent a whole day learning at home?

While the answers aren't necessarily easy, and there are no 'quick fixes', we hope the info and strategies in this issue help you find learning from home a little more successful.

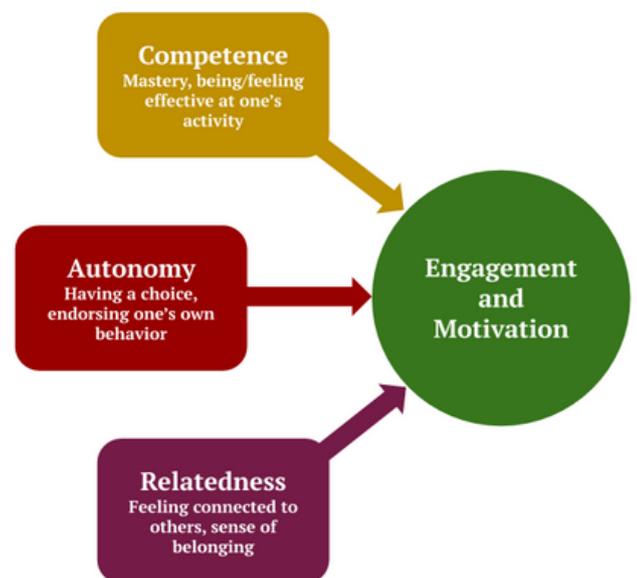
SELF-DETERMINATION THEORY

When we talk about the motivation needed for thriving, we're talking about intrinsic (self) motivation. This is doing something because **it's important to you** and because **you really want to do it**.

One of the most significant theories around wellbeing and thriving is Self-Determination Theory (SDT), an idea which was first developed by Deci and Ryan. In essence, SDT states that we humans have three basic psychological needs: Autonomy, Competence and Relatedness.

When these needs are being met, we thrive, have high levels of wellbeing and are motivated. When these needs are not met, we experience lower levels of wellbeing. SDT says that working towards goals - not just achieving them - is key for thriving and the continuation of motivation.

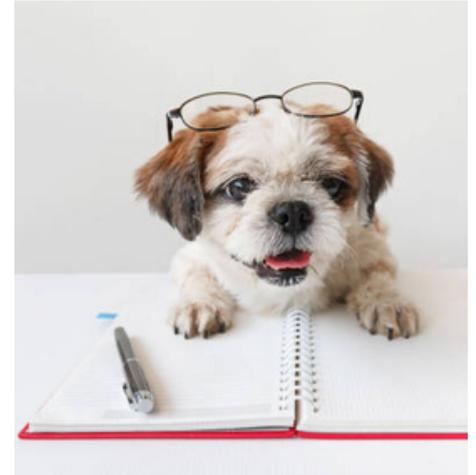
Our success as humans is best measured by our sense of wellbeing and satisfaction with ourselves, not by external recognition or awards/grades.



THE THREE PSYCHOLOGICAL NEEDS OF
SELF-DETERMINATION THEORY (SDT)

STRATEGIES TO IMPROVE MOTIVATION AND CONCENTRATION WHEN LEARNING FROM HOME

1. Keep a routine and make sure you have a designated study space. Doing your work in the same place and at the same time each day helps train your brain to get into 'work mode'.
2. Work in chunks based on your optimal efficiency window – set a timer and work like crazy until it goes off.
3. Break a task into small achievable goals with deadlines, and enjoy crossing them off as you achieve them.
4. Reward yourself for getting work done: take a break, go for a short walk, make a yummy lunch.
5. Do one thing at a time – multitasking is a myth!
6. Put your phone away – hide it in another room, put the notifications on silent, or give it to a parent or carer to look after until you've finished your set goal.
7. Stay accountable. Tell people what you're working on, what you hope to achieve and when. Give them honest updates.
8. **If you're really struggling...** You can build your mental muscle by practising working for just five minutes at a time (set a timer), and then building up to ten minutes at a time, then fifteen etc.
9. Practise mindfulness. Apps like InsightTimer and SmilingMind are helpful.
10. Use website blocking apps to temporarily block any websites or apps that can be distractions for you.
11. Use a to-do list or diary/calendar to help you prioritise and organise tasks.
12. Use the Pomodoro technique - see below.
13. Take regular breaks.
14. Stay well – physically and mentally.



Use the Pomodoro technique and don't end up in a splat.

