How can I motivate myself to study well?

Problem: Why do we procrastinate "for later"?

1. We are afraid to start.

As strange as it may sound at first glance, it's true. How hard it is to start work, whether it's physical or intellectual. And I don't even know which is harder. It would seem that now is full of information, no need to go anywhere, you just need to sit at the computer desk, click a couple of times and the material is found.

It remains only slightly edited and ready (report, essay, term paper or other tasks). Or, even if you're not a connoisseur of algebra or chemistry, you can always find answers online, for school programs, that's for sure! But the abundance of information makes us feel like we're in a boundless ocean, swimming in which you can't see the end and end.

It's the same with information. We "swim" in the vastness of the Internet and do not know where to dock. Having bitter experience of the past, we do not want to eat this pill again and therefore do not start our "treatment" (meaning education, of course :))

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2. Our time is limited.

Modern life is filled with a lot of events. A man of the XXI century needs to combine a lot of things and different kind of events: a birthday of a friend, buying a new computer, you also need to help your father with his car, my mother asked him to vacuum clean, oh yes, you also need to study... Just a mass of things! So we keep putting things off and putting them off. It smells like a rush ... This is not you on the stove to lie on, as was customary in Russia in the Middle Ages. So always calculate your time wisely, and how to do it - read below.

3. laziness.

After a busy day, which lasts sometimes 12-14 hours, you do not want to do anything. Just "on automatic" to get home would be to eat and lie down to rest, and then there are important things to do. Laziness is not always bad, it's a natural reaction of the body to stressful situations. However, many of us experience these "stresses" very often in order to justify our inactivity.

There are plenty of other reasons why we don't solve our problems in time. The most common ones were discussed above. Now here are some effective solutions to help you be more efficient in your academic and other activities.

Solution: how do you get things done on time?

1. Interest in solving the problem.

In order to chew on the granite of science with success, you need to look at the problem as a future reward. What will you gain by writing that report or by doing a term paper presentation? Believe me, when you come to, say, a job you don't really like, where you think how to get out of there faster, the time to the end of the day will drag on tediously long. And if you come to a place where you work not just for fun, but you work with passion, interest, then the work will go easier and the time will go faster, and you'll have time to do everything in time, maybe even get a bonus :) .

It is the same with your studies. Try to approach the problem with creativity. For example, you are solving a geometry problem, but there is no thinking about the solution. You are already "boiling", and tomorrow you have to hand in your work. How do you find inspiration? Very simple! Now imagine your favorite actors, singers, whomever you like, you can at least imagine the President. And you are not solving the problem for yourself, but they are the ones who asked you to help them.

This is crazy, but no one will know anyway, if you don't spray right and left, what a vivid imagination you have! The main thing is to get a result, i.e., to solve a problem. Well, if you solve the problem, you will help your idol. But we know that we solved it for ourselves. We had to get our brains to work hard at solving it. We chose the method described above. Try it, and you will be convinced of its effectiveness. Time-tested!

2. Get the job done and get the candy!

Motivation is the most important part of any activity, including learning. "Why do I need this fucking essay? It's not like I'm studying to be a musician...".

Admit it, how many times have you asked yourself that question. And so you don't have to ask yourself that question next time, do the following. Make a rule - wrote two pages of the essay - got "candy". By "candy" here we mean everything from the ability to sit on the Internet to buy a new computer. Well, if they bought me a new computer for 2 pages, it would be cool! :) In short, please yourself at least by small gifts, and I assure you, the case will go on hurrah!

3. Do things on a schedule.

You can't go anywhere without a plan! If you do not know yet, all most successful people keep a schedule in their life. In order to succeed, for example, in business, you need to clearly plan your activities. It's the same in education. The farther into the woods, the more wood they say. The older you get, the greater the burden.