FINDING MOTIVATION TO DO HOMEWORK

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"The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and then starting on the first one."

by Mark Twain

1 SET DAUNTING GOALS

Write the goals down, so you don't forget about them. Split complex assignments into smaller parts and set a goal for each part. Find pride in everything about your school.

2 REWARD YOURSELF

Give yourself a reward after you finish each part, like 10 minutes off, a **cookie**, or even a **quick video game**. You will quickly learn how to be motivated to do homework with rewards.

3 TAKE REGULAR BREAKS

You should take a **10- to 15-minute break every hour** or so. Stretch for a bit, drink some water, and disconnect from your work. You'll return to the homework refreshed and a lot more motivated.

4 REMOVE DISTRACTIONS

Go to a quiet room. Gather all you need for doing your homework, turn off your phone, social media (yep, Facebook scrolling DOES count), and get to work.

5 CREATE POSITIVE ATTITUDE

Learn to love your teachers or tutors. It is a determinant of the coziness of students in school. Get on well with other students. A school is like a community in which peaceful coexistence is necessary for the motivation to study.
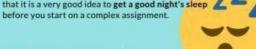
6 BE INVOLVED

Getting involved in school activities helps you feel more motivated to study. You will be able to feel a sense of belonging to the school and therefore feel an urge to stand by it.

7 SLEEP WELL

You won't be in the right state of mind to do your homework with pleasure if you are tired. This means that it is a very good idea to **get a good night's sleep** before you start on a complex assignment.

8 LISTEN TO MUSIC

Calming, relaxing music is recommended for students who are working on their homework. Instrumental music works best because there are also no lyrics to pay attention to. Symphonies from Tchaikovsky, Beethoven, and Bach are great choices.