

# MOTIVATION

## during COVID-19

---

On one's best day, motivation can be difficult at times but during a global pandemic, a whole new set of challenges are created! As a college student, you are asked to stay motivated and on-task even during uncertain times. It is normal to feel frustrated, disoriented, indifferent, overwhelmed, and/or unmotivated. Consider how you can use these unique circumstances to your advantage, altering workflow, and shifting from "challenge mode" to "opportunity mode."

**1 GIVE YOURSELF A BREAK.** Make time to take frequent breaks throughout the day to slow down and enjoy the daily pace of life. Use this time to feel better by improving sleep and eating habits, engaging in regular movement and exercise, embracing a hobby, or being more present and engaged in your interactions with others.

**2 BE PATIENT IN THE CULTIVATION OF SELF-DISCIPLINE.** With fewer scheduled classes, meetings, and appointments you have greater flexibility to manage how your time is spent. However, the absence of external structure, a schedule, or accountability can weigh heavily on those who struggle with time management or intrinsic motivation. Try to be patient with yourself and know that this is a refined skill that requires you to work on every day.

**3 IDENTIFY AND DISTINGUISH** what you can and cannot control. You are in absolute control of how you respond to new circumstances. Take time to engage in creative problem solving, and renegotiate your priorities.

**4 REDEFINE "PRODUCTIVITY."** It is understandable that your priorities may have changed with a shift in academic responsibilities, but you are still a student. Adopt new approaches to manage academic responsibilities alongside other roles and demands. Accept that you may not have the same energy or emotional resources for your academics as you are no longer surrounded by classmates, professors, or mentors who may have motivated and kept you on task.

**5 STAY FOCUSED ON THE PRESENT AND BE CURIOUS.** Each day may bring more information or a new mindset, so doing daily self-evaluations can be helpful. Ask yourself:

- How will what I learn today benefit me in the future?
- What do I already know about myself and how to overcome any lapse in my motivation?
- How do I take care of myself apart from my academic responsibilities?

**6 STAY FOCUSED ON THE PRESENT AND BE CURIOUS.** You may be working harder than usual to maintain your emotional and mental faculties, due to an exponential increase in daily decision making and information processing. The fewer easy decisions you have to make in a day (e.g. having a schedule laid out, etc.), the more energy you will have for complex decisions (e.g. assignments/exams to complete, relationships to manage, login information to remember, etc.)

**NEED MORE HELP? Call CAPS**

**(434) 243-5150**

CAPS remains available to all students for support, referral assistance, and crisis services. Additional Student Health resources include WahooWell Remote and UVA's Collegiate Recovery Program.