

Feeling unmotivated?

Let's set
some
achievable
goals.

S.
M.
A.
R.
T.

If you're struggling to get motivated about your studies, set yourself some SMART goals.

Specific. What exactly do I plan to do? Read a chapter?
Plan an essay?

Measurable. How much am I going to do?
How many words will I write?

Achievable. What is realistic for me today?
Am I planning to write a paragraph or a page?

Relevant. How will this help me progress my work?

Timebound. How long am I planning to spend on this task?

