

Strategies for Regulating and Enhancing Motivation

- Environment Restructuring:
 - Manage your resources and the environment to decrease off task behavior. Try working somewhere quiet with minimal distractions. Collect all the materials you need to get going on a task. Learn what works for you to be most productive.
- Effective Goal Setting:
 - Break tasks into manageable chunks. Be specific with your goal intentions. For example, instead of “Study Chapter 3 for my exam” try a goal of “Identify and define key terms in Chapter 3 that have a good chance on being on the exam.”
- Self-Efficacy:
 - Believe that you are capable of successfully performing certain behaviors or reaching goals. Be your biggest cheerleader. View challenges as opportunities to master something. Increase self-efficacy by reflecting on your past successes, seeing the connections between effort and accomplishment, accept feedback and grow from mistakes, and breaking down tasks into manageable chunks.
- Interest Enhancement:
 - Find something interesting to connect with the activity. Make yourself believe that what you are learning about can connect in some way to your life. If you have a choice of topics for assignments, pick something you want to learn more about.
- Self-Consequencing:
 - Use self-administered reinforcements and consequences for meeting goals for a task. For example, if I finish my assigned reading this afternoon then I can go to a movie tonight with my friends. Create incentives for completion of tasks such as small rewards (e.g. taking a break, watching a show, having a treat, etc.).
- Regulating Emotions:
 - Negative emotional reactions can negatively affect performance. Learn strategies to help you cope with strong feelings. Plan for situations to avoid panic, and recite self-affirmations to help you gain control of your self beliefs.
- Break Perfectionism:
 - Be okay with first drafts that are not perfect. Avoid getting stuck by allowing yourself to have multiple revisions of a project instead of trying to write the perfect piece on the first try.