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We all feel unmotivated at times. How can you get back on track? First, think about what the problem might be (procrastination, low self-confidence, bad or lack of study habits, stress). A lack of motivation does not mean you are lazy. There are a lot of different barriers we face when trying to stay motivated. When we can't figure out what is impacting our motivation it tends to spiral- the wrong direction. Try these suggests to recharge your motivation.

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Are your goals specific, measurable, realistic, and flexible? If they aren't this lack of direction could be causing you to feel unmotivated. Sometimes you can reclaim your motivation by reworking your goals. We all want "good grades" but that's a shitty goal, how are you going to get there?

Sometimes our motivation slips because we feel overwhelmed, and often this means nothing gets done. One good solution to this problem is make a list of everything that needs to get done. If there are big things on the list, like *write research paper*, split it into small manageable tasks. Organize the list based on priority, what needs to get done first?

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