

Believe in Yourself and You Will Be Unstoppable!

Check out our top tips for
staying motivated!



Create a Study Routine

By nature, we're creatures of habit. If you find it difficult to motivate yourself to study, creating a routine will help.

Set Attainable Goals

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

Study in Short Bursts

You are more likely to retain information from short bursts of learning as your attention will be increased.

Review Your Results

It is important to check where you have gone wrong and avoid similar mistakes. It's also motivating to see how you've improved.

Inspire Yourself

Post reminders and inspirational quotes in prominent places about what you want to achieve.

Don't Compare

Don't try to compare yourself with others and try to focus on your own results and how you can improve.

Get Enough Sleep

Make sure you get enough sleep, ideally 7-9 hours every night. This will help to encourage a relaxed and well-rested mind and body.

Reward Yourself

Every time you complete one or two chunks, reward yourself with a short period of relaxation. Rewarding yourself with short and enjoyable breaks is a key part of the "chunking down" technique.