



**Fast Forward College Coaching**  
*presents*

# **12 WAYS TO GET MOTIVATED TO STUDY!**

[www.fastforwardcollegecoaching.com](http://www.fastforwardcollegecoaching.com)



**Get out of your room. A new environment can be very motivating!**

**Study with a friend.  
Even studying in the same space as someone else impacts your desire to work.**

**Break your tasks down into small, achievable parts.**

**Clean off your desk.  
A clear space is energizing.**

**Join a study room at [www.studytogether.com](http://www.studytogether.com)**

**Sign up for regular tutoring or a study group. Studying can be social!**

**Stretch or exercise for 20–30 min before you study.**

**Pop in your headphones and put in music that helps you get in the study mood.**

**Go to office hours. It may unclog your study block.**

**Download a habit/routine-builder app.**

**Stay organized.  
Put your study times in your calendar.**



**Reward yourself!**