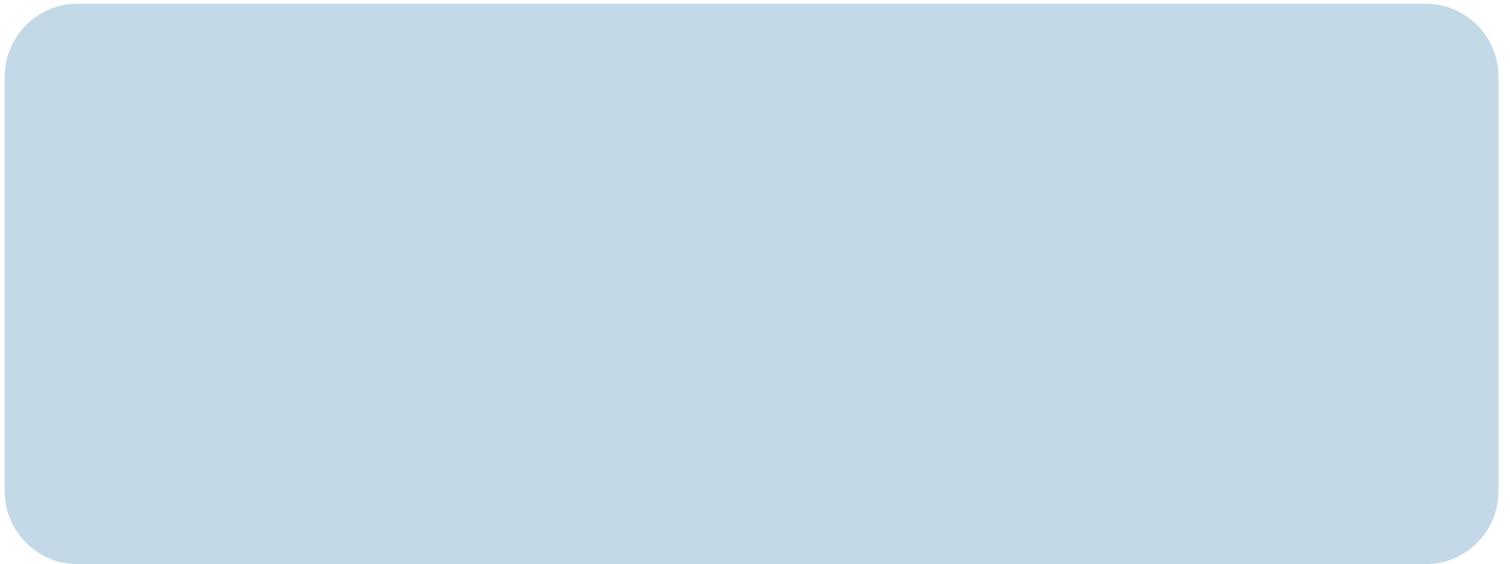


Three Motivation Boosts Backed by Science

1. Give Advice

Imagine a friend, younger sibling, or high school student coming to you for advice on how to get their homework done. What is your best advice for them?

Write down the advice you would give someone facing the same struggle you are:



The science behind it: It seems counterintuitive, but research shows that people who give advice on a subject actually accomplish more than people who receive it. In one study, middle-school students were asked to either give or receive advice about studying. The students who gave advice spent more time on homework every week than the students who received advice¹.

¹ Eskreis-Winkler, L., Fishbach, A., & Duckworth, A. L. (2018). *Dear Abby: Should I Give Advice or Receive It?* <https://doi.org/10.1177/0956797618795472>

2. Reward Yourself

Some students are afraid to give themselves rewards for doing the things they know they should be doing anyway. Science knows, though, that humans are wired to perform better and for longer periods of time if we get something rewarding immediately. So, don't think of it as spoiling yourself – know that you're harnessing the power of human motivation to do excellent work!

For	Reward
Every 2 hours of studying	<i>30 minutes of Netflix</i>
B or better on stats midterm	<i>Day at Disney</i>

The science behind it: People start doing things because they know it will pay off long-term, but they're likely to keep doing them if they also get a short-term reward₂.

2 Woolley, K., & Fishbach, A. (2016). For the Fun of It: Harnessing Immediate Rewards to Increase Persistence in Long-Term Goals. *Journal of Consumer Research*, 42(6), 952-966. <https://doi.org/10.1093/jcr/ucv098>

3. Think About Your Passions

We've all heard that we need to find our passion – but passion might be something you grow, not something you can discover. If you adopt a growth mindset that your passion can change over time, you will be open to more fields and interests than if you think about your passion is fixed and inside yourself, just waiting to be discovered.

Passion can come from the most unlikely places. List things you currently find enjoyment in, however small. Could you see yourself learning more about any of those things? Could any of them grow into a passion?

Something I Enjoy(ed)	What I Like(d) About It	How I Could Pursue It	What It Might Lead To
<i>Going to the mosque for multicultural class</i>	<i>Learning about & participating in another religion</i>	<i>Take a religion class, read about other religions</i>	<i>Grad school? New friends? Knowledge to base opinions on?</i>
<i>Made "Dwight Loves Beets" stickers</i>	<i>Designing graphic, sourcing product, giving to friends</i>	<i>Learn about creative side hustles, join local makerspace</i>	<i>Etsy shop? Nothing but a fun thing to do?</i>

The science behind it: In a recent study, people who adopted a growth mindset learned more about a field different from the one they associated themselves with than people with a fixed mindset³. In short, if you think you are able to find lots of different things interesting, you will!

³O, K. P. A., Dweck, C. S., & Walton, G. M. (2018). Implicit Theories of Interest: Finding Your Passion or Developing It? *Psychological Science* (0956-7976), 29(10), 1653-1664.