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How to Motivate Yourself for Studying

By Royane Real

When we are faced with a study project that seems exceptionally difficult and overwhelming, it can be to maintain a high level of interest and motivation for the duration of the learning process.

You can improve both your motivation and your performance by breaking up the project into smaller sections, and then giving yourself a series of well thought-out, well-timed rewards each time you complete one of the parts.

The first step is to break up the project into manageable chunks.

If you have a deadline looming, use this information to decide how much of the project to tackle at one time.

Let's say that you have six weeks to master the content of a difficult biology text. Looking through the book you realize that if you study one chapter each night, you can get through the book in 28 days, leaving two weeks in which you can again review the material.

With this knowledge you can pace yourself. You know what your assignment is. You know how much you need to read every night.

Concentrate on the immediate task at hand. You don't need to feel overwhelmed by the entire book at one time.

Next, work out a system of rewards for yourself. Give yourself a series of small rewards each time you master one chapter, and a larger reward for completing the entire book.

For rewards to work they must be immediate, and personally meaningful to you. There is no point in rewarding yourself with a new set of cookware if you hate cooking.

The reward should also be proportionate to the effort you have put into the work.

How to Motivate Yourself for Studying

Buying a new computer as a reward for finishing the textbook is probably too much.

Getting a new pencil is probably too little.

Take some time to think of rewards that will really inspire you. In general, you should avoid using rewards that involve food or money.

Rewards don't need to be material objects if there is something else that would really motivate and inspire you. How about attending a special concert, or taking a special trip?

You decide. Get creative and think of something that will spur you to take action.

It's very important that the reward take place very soon after the work has been accomplished. This creates a sense of positive reinforcement.

Give yourself a small reward every time you finish a small part of the job, and a bigger reward when the project is completed. If there is too long a gap between the activity and the reward, it will not have the effect of reinforcing the desired activity.

After all, you wouldn't train a dog by giving him a treat two days after he learned to roll over! You might not like being compared to a dog, but as silly as it sounds, our brain also responds to simple, positive reinforcement.

Use this tendency of the brain to help yourself accomplish more of what you want.

If you don't believe in the concept of rewarding yourself for work you should be doing anyway, you don't need to do it.

But feel free to experiment to see what works for you. This technique might be very helpful.

Besides motivating yourself with a series of external rewards, learn to motivate yourself internally.

Tell yourself you're a good learner. Tell yourself you enjoy learning. Tell yourself you enjoy giving your brain a good work out.

Congratulate yourself for your efforts. Tell yourself you love acquiring new knowledge. Be proud of yourself for the work you do to gain more knowledge.

Don't just say the words to yourself. Take the time to actually feel the sensations of pride, happiness and accomplishment within you.

Learning to love learning will become the best motivator of all!

This article is taken from the new downloadable book by Royane Real titled "How You Can Be Smarter - Use Your Brain to Learn Faster, Remember Better and Be More Creative" To improve your

learning ability, download it today from

<http://www.royanereal.com>

Creating an Effective Study Environment

By Ryan McKenzie

If you are like me, you find it extremely difficult to study in the average house hold these days. There are just way too many distractions. People running around, cleaning, doing chores, watching TV; each distraction progressively detracts you more from the goal you are trying to achieve, to STUDY!

Here are a few tips to help create an effective environment to study in:

- 1) Study at a desk. Studying at a desk will help to keep you focusing on studying. Lying on a couch or on your bed is comfortable place and may aid in making your mind wander.
- 2) Do NOT sit in a room with the television running. Watching TV while trying to study is probably the worst thing a person can do. Nine times out of ten you will wind up attempting to study in the commercials, and the two to three minute periods between shows just isn't enough time to help something sink in.
- 3) Play some soft familiar music in the background. Music has been show to aid in information retention. Avoid listening to music with heavy lyrical content or music you don't really know as you will just wind up distracting yourself.
- 4) Get away from other people unless they too are studying. It is in your best interest to avoid others when trying to study. Hanging out with somebody while studying or doing homework usually leads to unnecessary conversations on unrelated topics. If you absolutely have to, go to somewhere quiet like a library, they usually have plenty of desks and are quite strict about noise and distractions.

If you follow these tips you should be able to save yourself some time in the studying department. I look at it like this, I'd rather spend one hour of solid focussed time studying distraction free, then spend 4 hours and get only have mediocre study time.

Ryan McKenzie

<http://www.education-resource.org>

Creating an Effective Study Environment
Setting Time Aside For Studying And Homework
How to Motivate Yourself to Organize
How to Use Discouragement to Motivate Yourself
3 Steps to Successfully Build a Team in any Program

Motivate Your Way To Success
Insider Secrets to Flea Market Profits
The Great Big Book of Internet Marketing
Your Own Bible Research Library
How to keep up the SPICE in your Love Life.



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