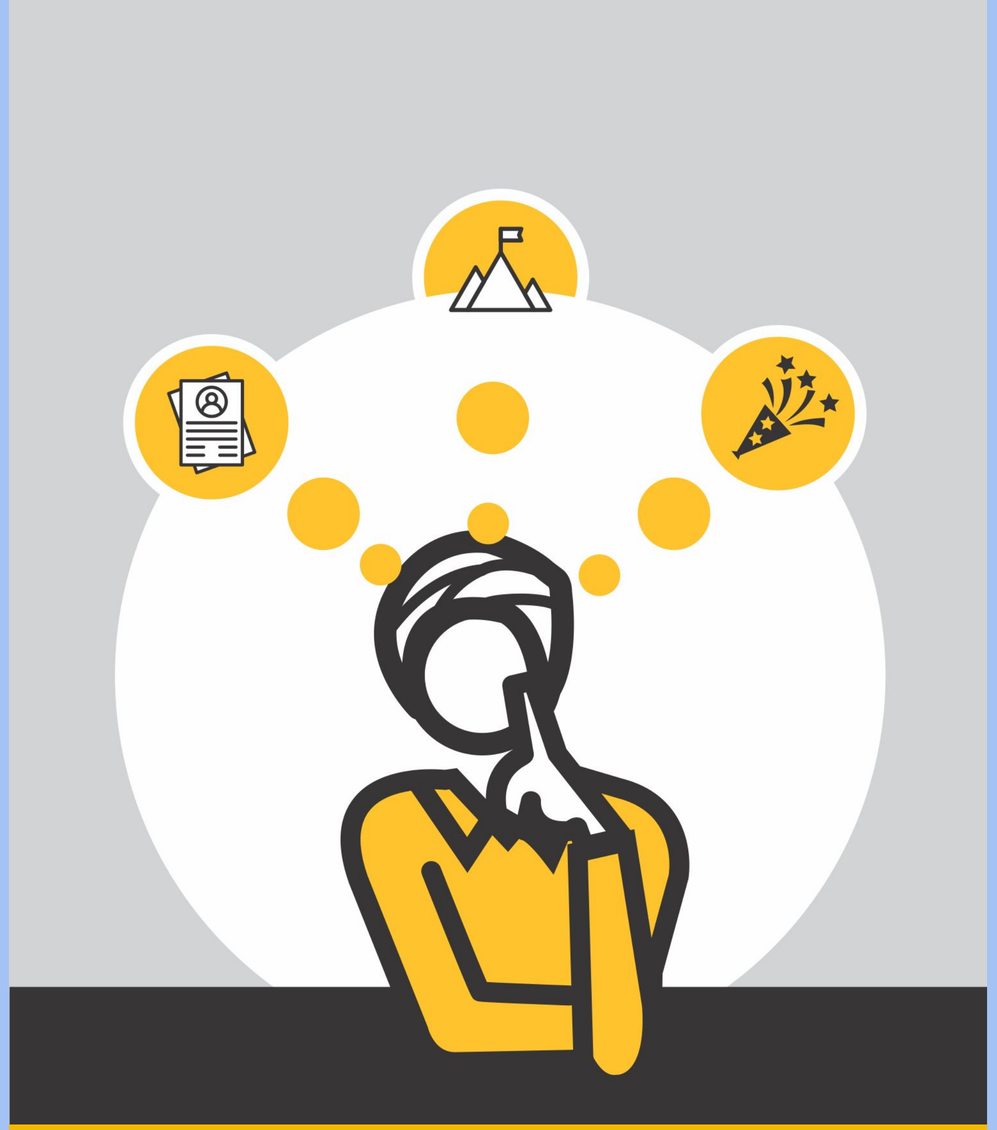


HOW WE LEARN SERIES

LEARNING WALKTHRUs

MOTIVATION

01 | MAKE IT ENJOYABLE

02 | MAKE SURE YOU SUCCEED

03 | MAKE IT A HABIT

04 | DO IT WITH FRIENDS

05 | REGULARLY REMIND YOURSELF WHY

LEARNING WALKTHRUs

HOW WE LEARN SERIES

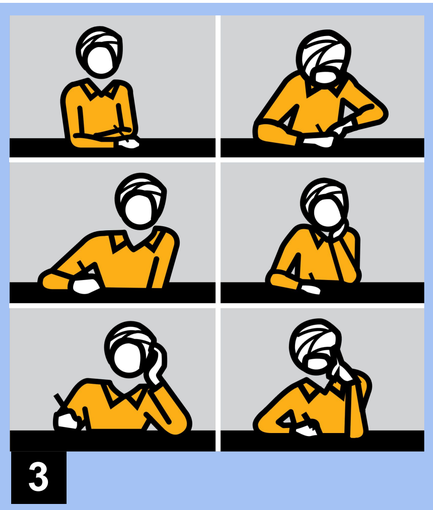
MOTIVATION



MAKE IT ENJOYABLE



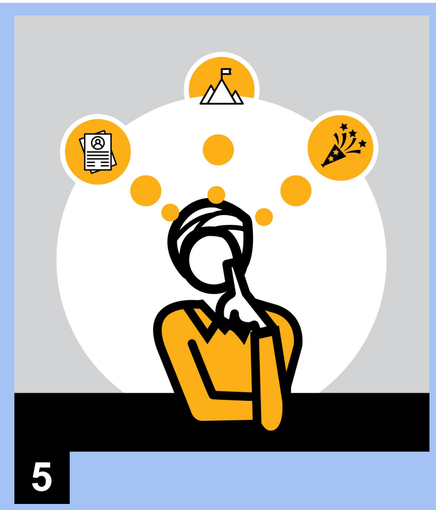
MAKE SURE YOU SUCCEED



MAKE IT A HABIT



DO IT WITH FRIENDS



REGULARLY REMIND YOURSELF WHY

- Motivation is critical for learning. It's a bit like fuel for learning — if you're not motivated then you'll find it hard to put in the effort to keep learning hard things.
- Some people think motivation is a personality trait; you're either a motivated person or not. But that's not true — we can *all* change our motivation levels for different things
- e.g. I can gradually increase my motivation for running by running slower to begin with, running with friends, and giving myself a reward every time I finish.

MAKE IT ENJOYABLE



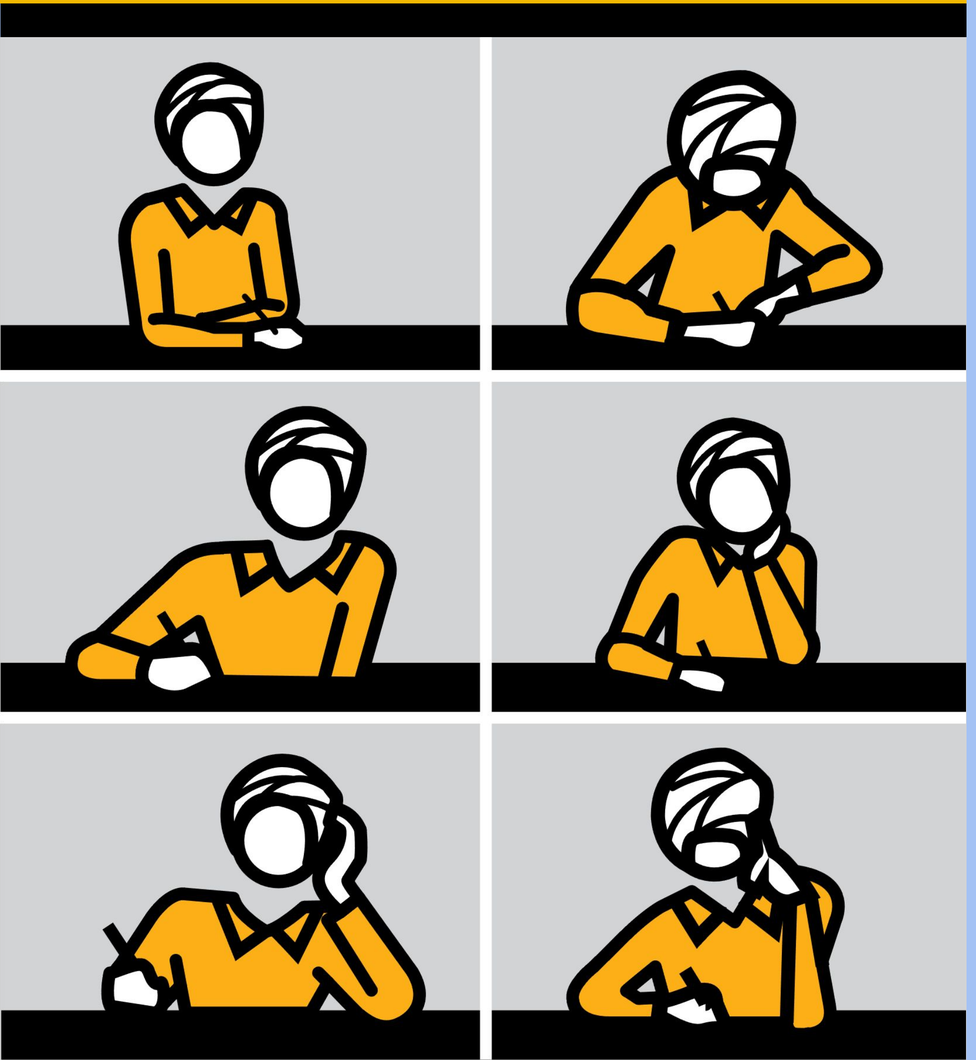
- The first thing we can do to increase our motivation is to make the thing we want to do more satisfying.
- When we enjoy doing something, our brain is happier to come back and do it again. e.g. we could make our study space a really comfortable place to be and have our favourite food and drink while we're studying.
- We can give ourselves a reward when we finish.

MAKE SURE YOU SUCCEED



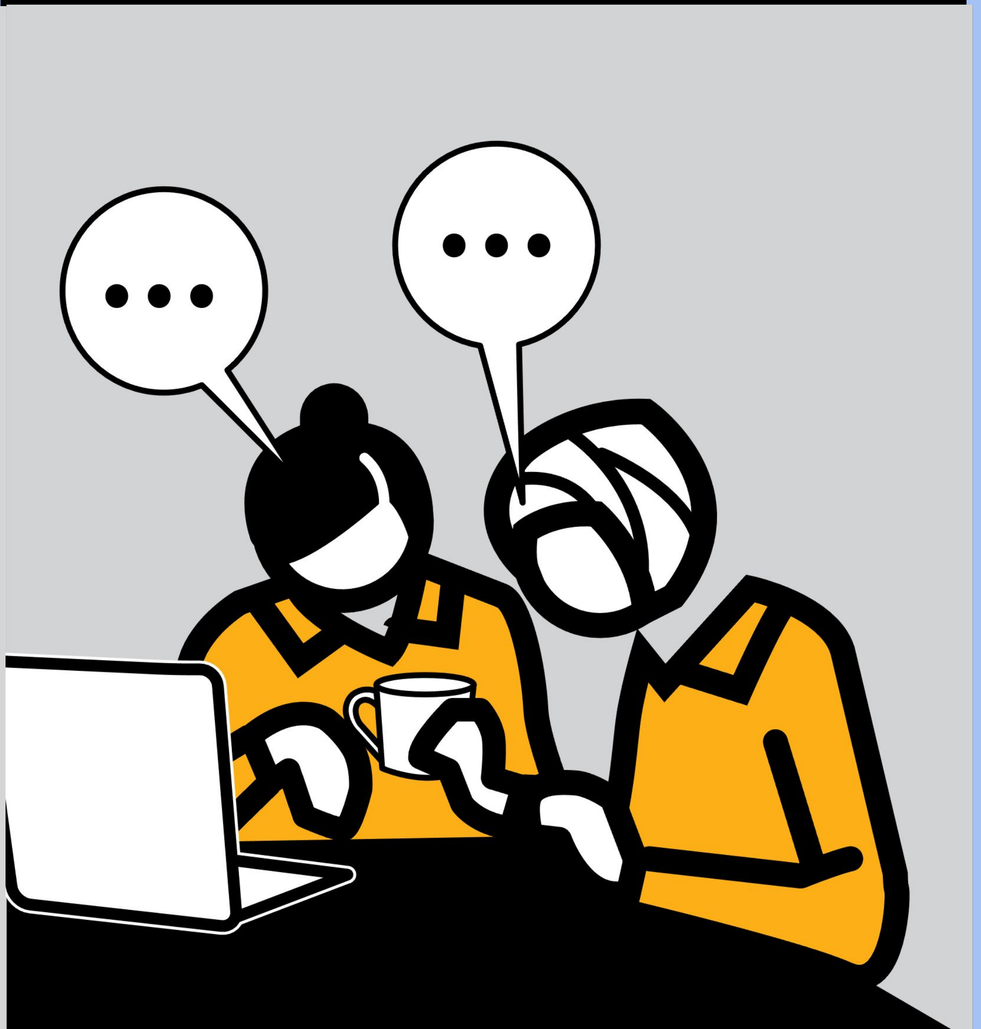
- The second thing we can do to increase our motivation levels for something is to be successful at it!

- e.g. If we were trying to increase our motivation for maths, we could:
  - break the topic down into even smaller bits
  - make sure we get confident in the basics before attempting harder parts
  - ask someone to help us check our work.



MAKE IT A HABIT

- The third thing we can do is turn our studying into a habit. When we study in exactly the same way, in the same place, at the same time, we'll eventually find it much easier.
- This is because our brain makes it easier for us to do things that we repeatedly do.
- It's like riding a bike. To begin with, we have to put in lots of effort. But after repeating it lots, we can do it with little effort.



DO IT WITH FRIENDS

- When we study with other people, it’s much more likely we’ll end up doing it (as long as they are up for studying properly).
- You could stay behind after school with some mates in the library, or hang out with someone on a video call. You don’t even have to talk. Just being together is enough.
- If you have no friends who study, check out studytubing on YouTube.



REGULARLY REMIND YOURSELF WHY

- Studying can wear us down. We can top up our motivation by reminding ourselves why we're studying hard.
- What is it that you hope to achieve as a result of studying hard?
- Write down a list of how your life will be better if you're successful, pin it to your desk, and read it aloud at the start and end of every study session.

LEARNING WALKTHRUs

HOW WE LEARN SERIES

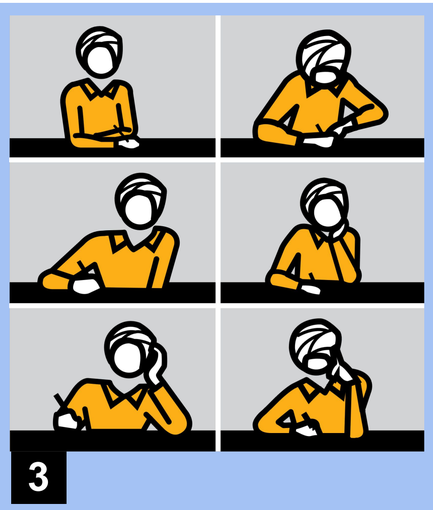
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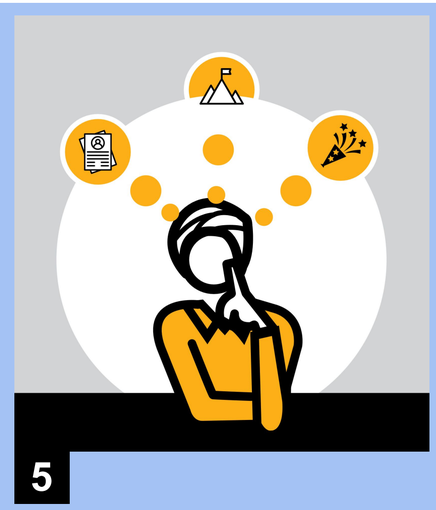
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