



# FIND, STRENGTHEN AND MAINTAIN YOUR MOTIVATION IN PROJECT WRITING

Marie Gamborg Laursen, Psykolog

Maja Fjord Lindqvist, Psykolog

STUDENTERRÅDGIVNINGEN – SRG.DK



# HOPE / EXPECTATIONS

---

FIND, STRENGTHEN AND MAINTAIN  
YOUR MOTIVATION IN PROJECT  
WRITING



# PROGRAM

---

1. Motivation
2. Lack of motivation
3. Vicious circles
  - A. Procrastination
  - B. Over preparation
4. Hold on to your motivation



---

# 1. MOTIVATION



# WHAT IS MOTIVATION?

---

Motivation, **moving** cause.

In psychology, motivation is a collective term for explanations of what causes people's mental and physical **activity**. Theories of motivation thereby attempt to answer perhaps the *most fundamental question of all, namely why people do something rather than doing nothing* and do this sooner rather than later, as well as which mental and possibly physiological processes that take place below.

Boje Katzenelson



# REFLECTION

---

What is motivation to you?

How do you feel when motivated?



---

## 2. LACK OF MOTIVATION



## 2. MOTIVATION

---

- Often, **getting started** is the **hardest** part – humans are built to avoid discomfort.
- We cannot **expect motivation** to be there before we start.
- You get motivation **from working** on your project – not from not working on it.
- Activity = Energy + Mood





## 2. MOTIVATION

---

- It is very **human** to feel that you have lost motivation and it happens to all of us.
- A help can be to become aware of **motivational factors** in relation to your project.
  - Internal: interest, desire, curiosity, confidence.
  - External: reward, title, recognition.
- **Performance culture** – inadequacy.



# REFLECTION

---

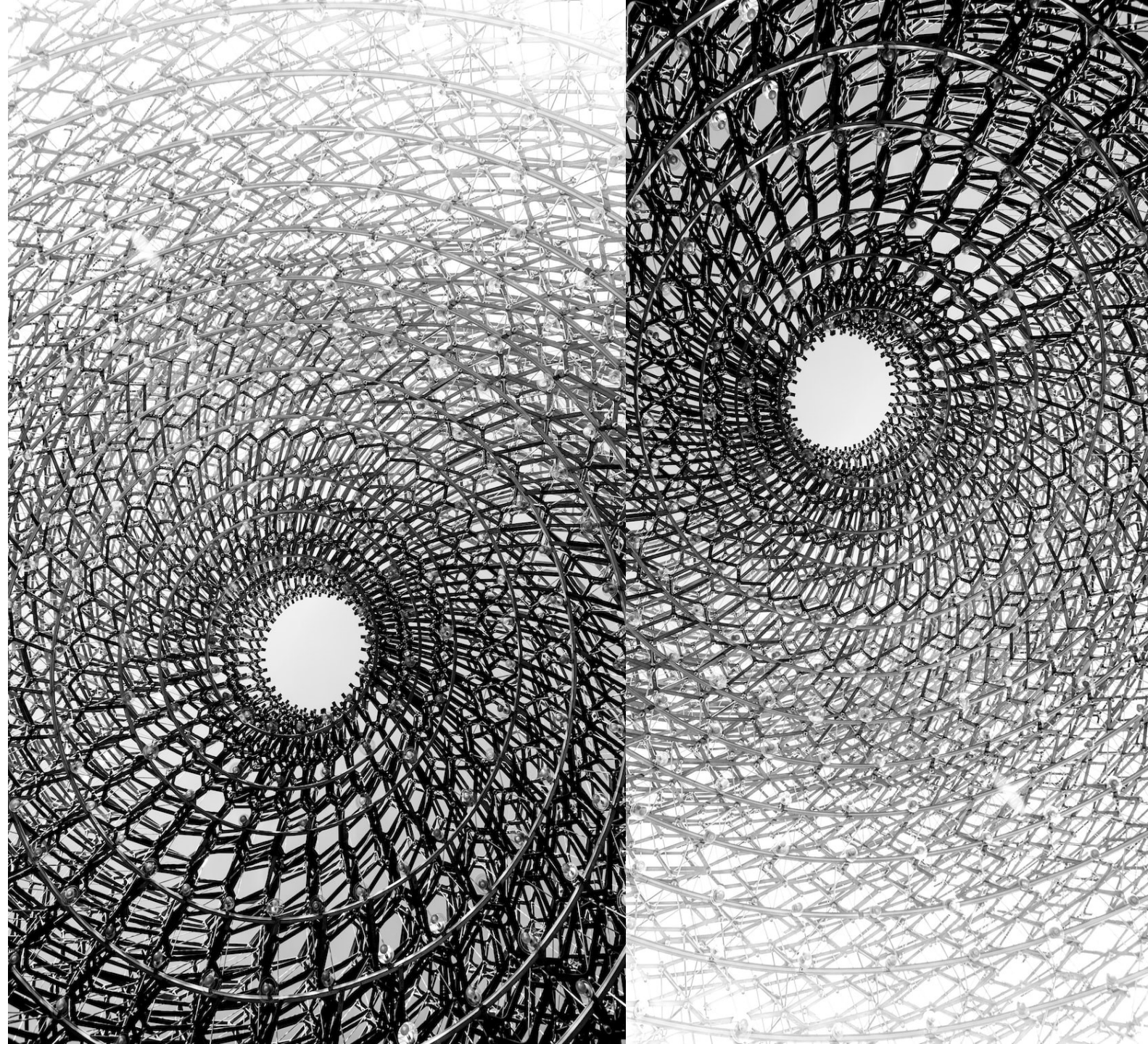
How do you notice lack of motivation?

What affects you motivation?



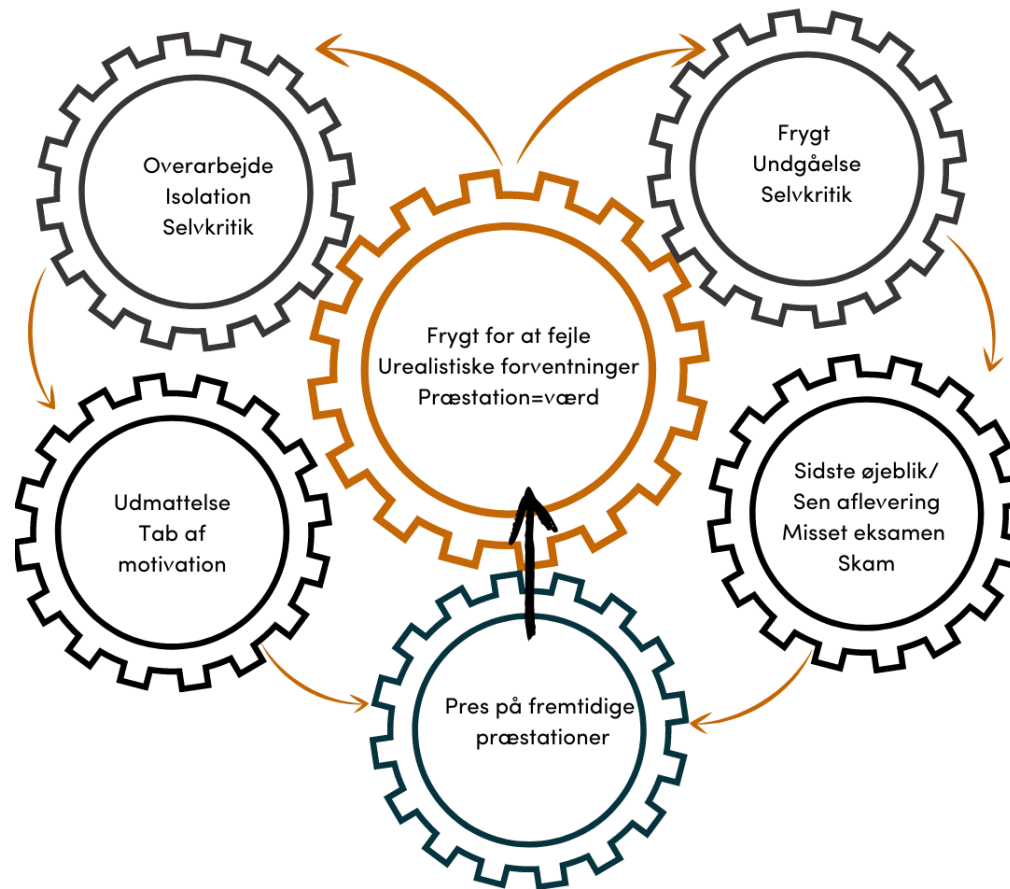
---

3.  
THE  
VICIOUS  
CIRCLES



### 3. PROCRASTINATION + OVER PREPARATION

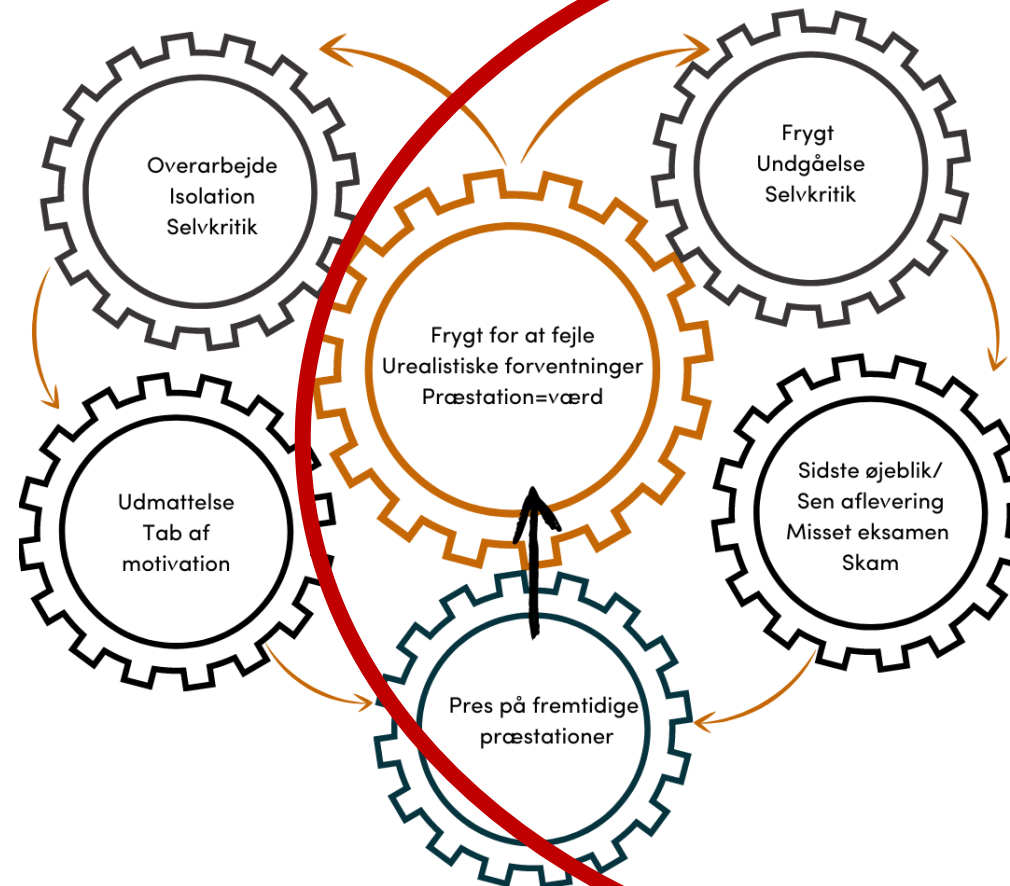
OVER PREPARATION



PROCRASTINATION



OVER PREPARATION



PROCRASTINATION



---

PROCRASTINATION

---

**tomorrow**

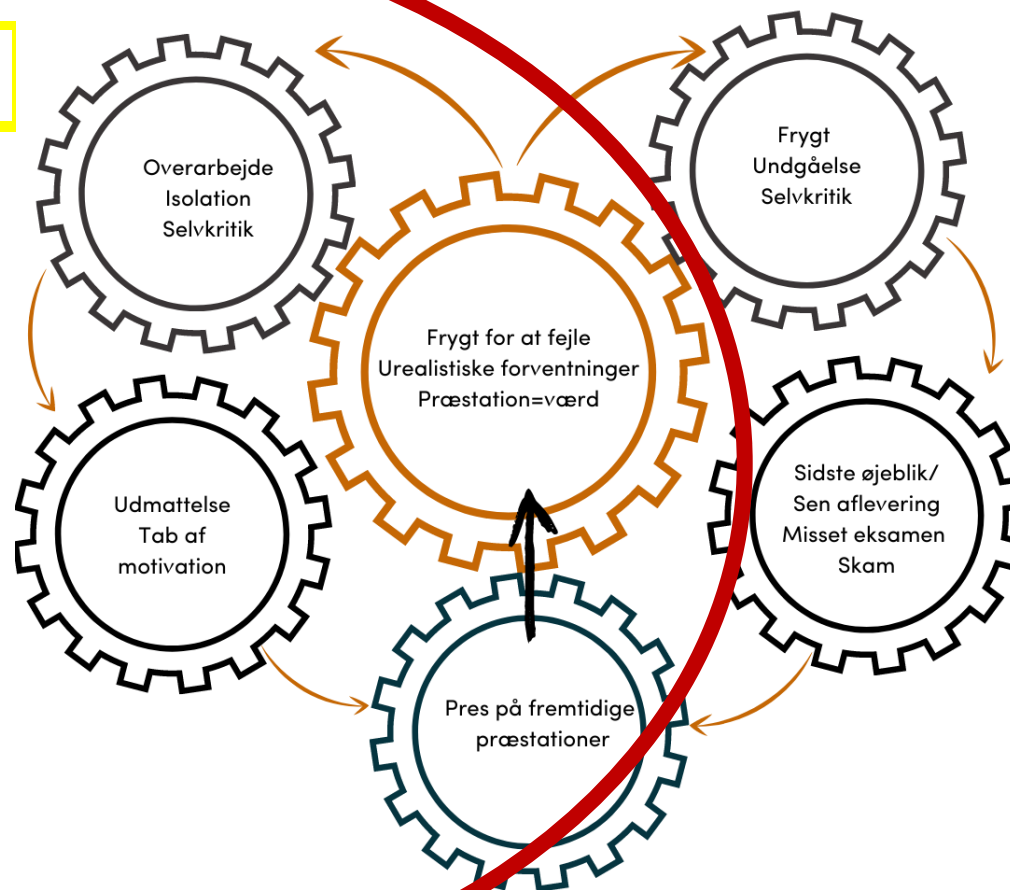
*(noun)*

a mystical land where 99% of all  
human productivity, motivation and  
achievement is stored

---



# OVER PREPARATION



UDSÆTTELSE



# REFLECTION

---

Can you recognize these circles?

How are the circles for you?





---

## 4. HOLD ON TO YOUR MOTIVATION



# ADVICE

- **Detecting** the vicious circles – notice them – what's our sign?
- **Tolerance** – acceptance with oneself – avoid a **guilty conscience**.
- Take **control** – **reclaim** the power – avoid **powerlessness**.



# REVISIT THE 'WHY'

- Why did you **choose** this education?
- What is your **interest** in this subject?
- What was your **idea**?



# FOCUS ON YOUR VALUES

- What kind of student do you want to be?
- What is most **important** in your life?  
  
Balance
- Focus on your **well-being**.



# CREATE OVERVIEW

- Plan your semester
- Structure your week
- Set realistic goals
- Prioritize



# AMBITIONS



# AVOID PERFECTIONISM

---



# BE YOUR OWN GOOD BOSS

- Indulgence
- Trust
- Balance



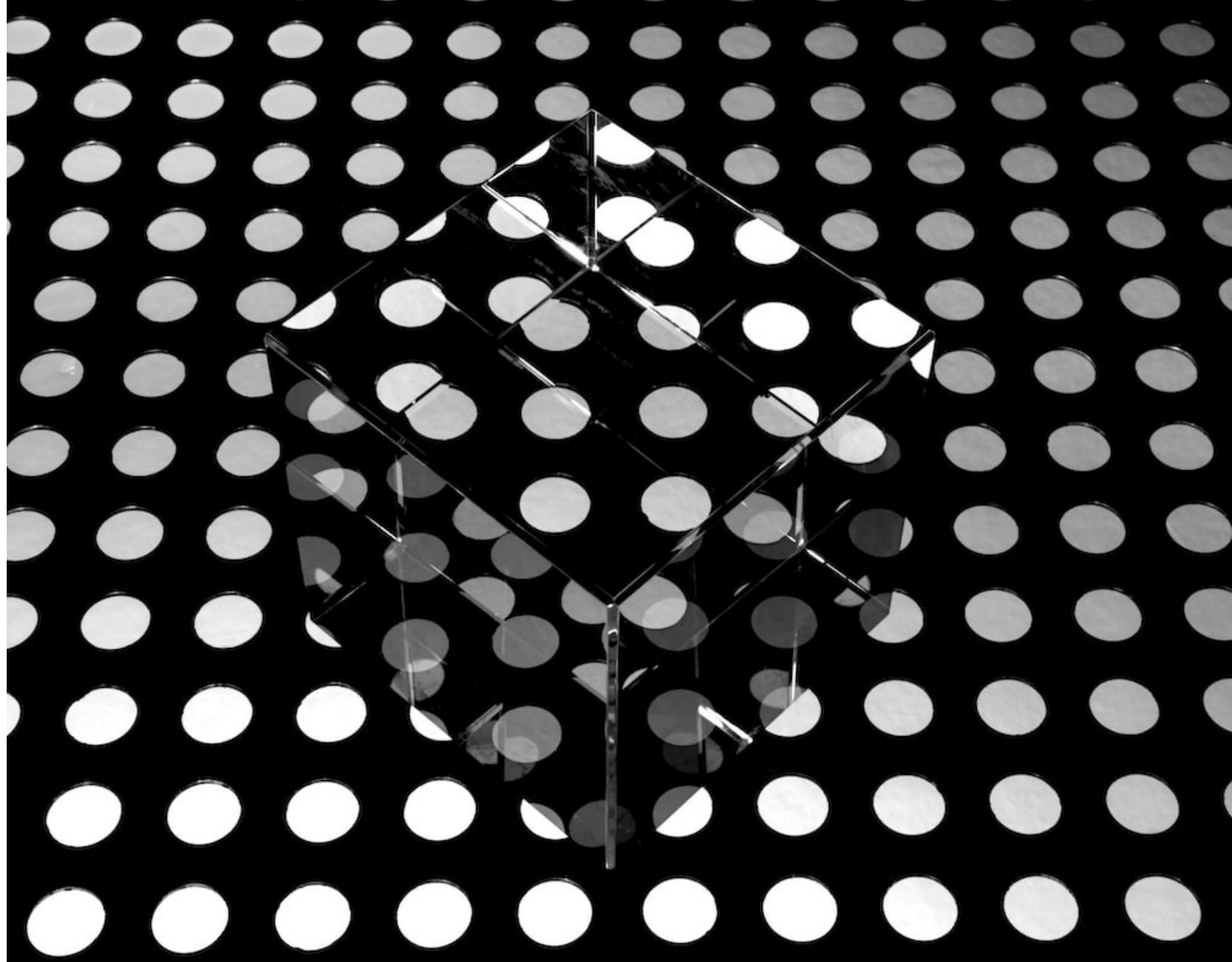


# CONTEXT

- What is your **current life** situation?
- Keep an eye on **terms** and **opportunities**.



TRICK  
YOUR  
BRAIN



# REMEMBER BREAKS



# REWARDS



# USE YOUR GROUP

International  
Student Service





USE YOUR SUPERVISOR



# REFLECTION

---

What advice do you take with you? –  
select one



# STUDENT COUNSELLING SERVICE – SRG.DK

## WORKSHOPS DTU & SRG



### Workshop about stress

Learn more about stress and how to prevent it.

[Read more](#)



### Workshop about worries

Learn how to deal with worries so they don't overwhelm you.

[Read more](#)



### Workshop about perfectionism

Alter your habitual thinking patterns and get new a perspective on your perfectionism.

[Read more](#)



### Workshop about mastering exams

Learn how to overcome the barriers preventing you from performing in exams

[Read more](#)





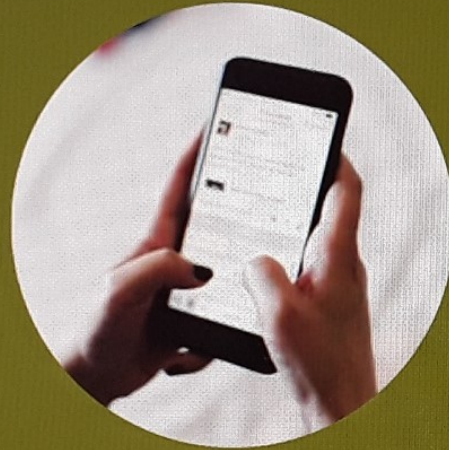
# STUDENT COUNSELLING SERVICE – SRG.DK



## Individual consultation

Talk about the things that challenge your study life. Online therapy allows you to have the consultation in your own home.

**Read further**



## Exam app

Try our Exam app.

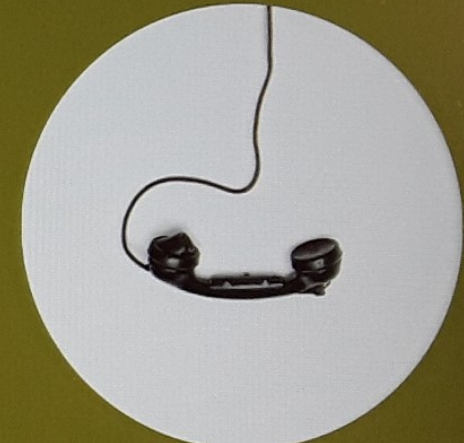
**Read further**



## Online support - help to help yourself

With Online Support you can become the best to help yourself, improve your self-confidence and tackle life's hardships.

**Read further**



## Counselling about SU, maternity leave or illness

Do you have questions about SU, maternity leave or illness? Then you can benefit from our telephonic advice service.

**Read further**

