

Motivation

It can be challenging to stay motivated with new routines.

Here are some strategies to try



Getting Started

Get Your Space Settled: Having a physical boundary for school work and relaxation can help us stay on task

Make A To Do List: writing things out and checking them off helps us stay on track and helps us see what we have done!

Create a Schedule: Use any platform to write out everything you need to do on a daily and/or weekly basis. Then share that with family and friends to help establish boundaries!



Clarifying Goals

Establish the Goals: Write out what it is that you want to get done. Make them clear and time oriented.

Vary Goals: Think about both short and long term goals. Short term goals help us to see our progress and make things manageable. Long term goals keep us working towards something and have something for us to look forward to.

Accountability & Rewards: Share your goals with others and set rewards for yourself when you complete tasks!



Managing Emails & Communication

Organizing Emails: A system for where to keep/how to mark emails might be helpful for keeping on top of types of emails

Scheduling: Set a time to check you email once or twice during the day. This helps to prevent us from being distracted by new emails coming in.

Email Boundaries: Set times that you will step away from emails. You can set push notifications to only come at certain times to avoid temptation.



Make Plans in Advance

Make It Fun: Find something that brings you joy or you miss doing in face-to-face

Make A Plan: Planning can be almost as fun as the activity itself. Get friends involved and look forward to your plans together!

Get Creative: Think of new ways to connect and find ways to do things you normally do with friends



Use Your Resources

Academics:

- [The Writing Center](http://uidaho.edu/class/writing-center) can help with editing! Visit uidaho.edu/class/writing-center
- [TCS](http://uidaho.edu/tcs) offers tutoring, SI-PASS, and academic coaching! Visit uidaho.edu/tcs
- [Financial Aid](#) can tell you about funding options. Call 208-885-6312.
- [The library](http://uidaho.edu/library) has many resources that can be found at uidaho.edu/library

Technical: Check in with [ITS](http://uidaho.edu/its) for help with tech issues while at home! Visit uidaho.edu/its

Personal Well-being:

- [The Counseling & Testing Center \(CTC\)](http://uidaho.edu/ctc) is offering Zoom appointments and has a 24/7 helpline. Call 208-885-6716 for both!
- [Drop-In Mindfulness](http://uidaho.edu/staywell) is now offered via Zoom Wednesdays and Fridays through UI Mind. More at uidaho.edu/staywell
- Our [Well-being Wheel](http://uidaho.edu/livewell) has more info about well-being at uidaho.edu/livewell
- [Ask a Trainer](mailto:bsturz@uidaho.edu) questions about fitness at home by emailing bsturz@uidaho.edu