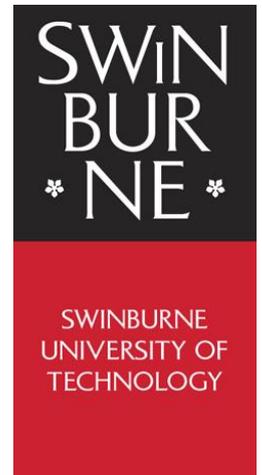


## Transcript

Title: Student Success Coach - Motivation and procrastination  
Creator: Learning Design and Innovation Hub and Student Success Coaches  
Year: 2021

Audio/video for this transcript available from: <http://commons.swinburne.edu.au>



Hi, I'm Mark and this is Judy. In this video we will be exploring motivation and procrastination.

The word motivation comes from the Latin word 'movere' which means 'to move', hence our drive to achieve goals and to meet our own expectations.

When we think of motivation, we can classify it into 2 types, 'intrinsic (from within)' and 'Extrinsic' (external).

Intrinsic motivation consists of completing an activity because it is personally rewarding to you. Extrinsic motivation is motivation to take part in an activity because of external causes such as receiving recognition, a reward, or avoiding punishment.

Sometimes both of these can complement each other and help you to complete a task. For example, if you are working on completing an assessment task you might be extrinsically motivated to finish it to meet a particular timeline. You might also be intrinsically motivated to finish it because you enjoy the assessment and want to complete it to a high standard.

Smart Goals can help you envision what you want to achieve, stay focused, and work out the steps to achieve them.

SMART GOALS need to have the following five elements:

SPECIFIC – What would you like to achieve? Which steps will you take?

MEASURABLE – How will you measure your progress towards achieving it?

ACHIEVABLE – Do you have the skills, resources you need to achieve it?

REALISTIC – Even with all the resources available to you, is it a realistic goal?

TIMELY – What time-frame do you have for achieving it?

Check out the template provided at the end of this video and give it a go. You can also make a time to discuss goal-setting with your Student Success Coach.

Procrastination is when we delay doing something that requires our immediate attention, perhaps because we find it stressful, unpleasant or too difficult. People often choose to prioritise other activities instead of their course work.

The first practical step to overcoming procrastination is being very clear about what challenges may appear, and therefore having a better idea about how to deal with them.

There are some strategies you can use to overcome procrastination.

Checklists are a smart way of approaching tasks, making them more achievable, whilst motivating you to complete them and reducing procrastination.

Give yourself momentum by completing a task that you enjoy and energises you, then quickly move onto a task that you keep delaying.

Complete the task that you least like doing before any of the others.

Spend just 5 minutes on a task, making it more tolerable, then reassess it at the end.

Ensure that you factor in a reward when approaching a task as a way of motivating yourself to do it and working more productively.

Student Success Coaches are here to help you. You can email, text or call them to discuss your needs in this area.

“There are other resources and tools such as worksheets, apps and programs to help you with motivation and procrastination.”

Be sure to check out the other videos in this series for more topics to help you succeed in your studies.

[END OF TRANSCRIPT]