Finding Motivation & Inspiration

Are you having trouble trying to balance work, school, and life? Here are 4 ways to get you pumped up and inspired in college:

1. Play some music
   - Songs can create a mood shift effortlessly. Are you having trouble trying

2. Get support from people who matter in your life.
   - It’s important to find the people who can talk with you, no matter the mood or season.

3. Write a list of what you've done at the end of each day.
   - You’ll probably find that you have more on this list than you thought, and that will leave you feeling more motivated for tomorrow.

4. Reward yourself!
   - Your reward can be whatever suits you, but whenever you’ve done one task on your list take a break and a breather.

Babbidge Book Corner

Grit describes what creates outstanding achievements, based on science, interviews with high achievers from various fields and the personal history of success of the author.

You Are A Badass shares tips can help you build greater self-awareness, figure out what you want in life, and focus on how to help you that will make you happy.

Podcast Pursuits

Happier with host Gretchen Rubin offers practical, manageable advice about happiness and good habits. Episodes range from 2-45 minutes.

TED Radio Hour offer great modern thinkers 60 minutes to share their secrets to success, their struggles and growth, and their life lessons.

UConn 360 showcases the inspiring work of UConn professors and the admirable achievements of UConn alumni. Episodes are approx. 30 mins.

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