

## **Coping with College Series**

Overcoming Spring Fever  
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Spring is FINALLY here! And so is spring fever. It is so hard to stay focused on school when the weather is beautiful, you've been here for nine long months, and you're tired! Your motivation to do anything remotely involved with school is probably all but gone. However, this is also the time of year when work piles up quickly, and there is still one month of school left to complete. So how do you stay at least minimally motivated when there are so many more interesting things to do?

The reality is that during this time of year, you most likely will not experience the same level of motivation you had at the beginning of school. Like the last lap of a long distance race, the last month of school can be grueling. But the last thing you want to do is burn out and blow it in the final home stretch. So, you might have to plan carefully how to sustain your motivation.

Some questions to ask yourself if you feel unmotivated are: How have you motivated yourself in the past? What do you want to accomplish this semester? What has to be done? What distracts you from achieving what you want to do?

Your goals for the remainder of the semester need to be realistic and achievable. Setting short-term goals is important because they are more easily reached. This leads to a greater sense of achievement and can increase motivation to achieve bigger goals. Become aware of things in your environment that distract you from working toward your goals. Freeing yourself from distractions such as the television and phone can help maintain your focus. Set up a system of rewards for achieving one of your goals. Rewards help you focus not only on the end result, but can also assist you in getting started.

Overall, the key to overcoming spring fever is balance. It is about making compromises, prioritizing, and coordinating the motivation to work with enjoying yourself. For example, plan ahead and set aside time an amount of time for studying, then give yourself a set amount of time for outdoor activities, such as going for a walk, riding your bike, or even just sitting outside and enjoying the weather. Use outdoor time as a reward and do the boring tasks first. For example schedule study group first, then play co-ed football with your friends. It is much easier to become motivated to study if you know that once you finish, you have something to look forward to!

Spring Fever is powerful, but don't let it undermine all of the hard work you've done all year. If you make a conscious effort to maintain motivation, prioritize,

and reward yourself with fun for keeping up with the books, you'll have a much more enjoyable end of the semester. Good luck!