

Staying Motivated

When your campus life is limited to classes and homework, you can quickly lose your incentive to study. You may feel that you are sacrificing yourself for the sake of your classes. You may feel disconnected from campus life or that you don't quite fit in. Perhaps the campus community doesn't feel welcoming or inviting. Here are some ways to do become involved and stay motivated:

Join a Student Organization

Organizations exist for a number of purposes: some are social groups; others enhance professional and career development; and some promote specific causes on campus, in the greater Cleveland area, and throughout the national and international community.

The Student Activities and Leadership office in Tinkham Veale has a list of the current student organizations, the officers, and the meeting times for each group. You can also start your own group if there isn't a student organization that meets your needs.

Campus Job

- If you have job in an academic department, you may have opportunities to see how your course work is used in research.
- You may be in a better position to secure an internship or permanent position after graduation.
- Many jobs give you a chance to improve the quality of life on campus. As Tutors, Resident Assistants, Admissions Tour Guides, etc., you can enhance your campus community.
- Often you'll find an academic mentor among the faculty and staff at your work place.

Study Group

Study groups can motivate you to attend classes regularly, especially during a mid-semester slump.

Study Groups for Specific Classes

If you have organized a study group for a particular course, your study buddies will miss you when you're not in class. Study groups look out for each other.

Study Groups Where You Live

If your study group is based in your residence hall, your group may plan to walk to class together. If you're a commuter, you may plan to meet your study group for breakfast before going to class.

Volunteering

By investigating the role that you yourself play in the lives of others, you regain a vision of the "big picture," which is so often hidden by exams, projects, and papers. Volunteering in the community can give you a sense of purpose because you are making a measurable impact in someone's life. Sometimes, the only way to get things done for yourself is to get things done for others.

The Office of Center for Civic Engagement and Learning (CCEL), located on the Tinkham Veale University Center designs volunteer opportunities for students given their interests, time, knowledge, and skills.