

MOTIVATION: HOW TO GET THE MOST OUT OF YOUR LIMITED TIME

Megumi Moore, PhD, LPC

Director, Graduate Student Life & Wellness

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COUNCIL OF GRADUATE STUDENTS (COGS)

COGS is dedicated to advancing the well-being and professional interests of graduate and professional students at Michigan State University through **advocacy, leadership, and unity.**



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GRADUATE STUDENT LIFE & WELLNESS

Building skills to better
address the challenges of
graduate school that
impact your well-being.




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MOTIVATION



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SMALL GROUPS

-  Introductions: Name, program, where you are from?
-  Why did you choose to attend this workshop?
-  Have you found anything that has helped with your motivation?

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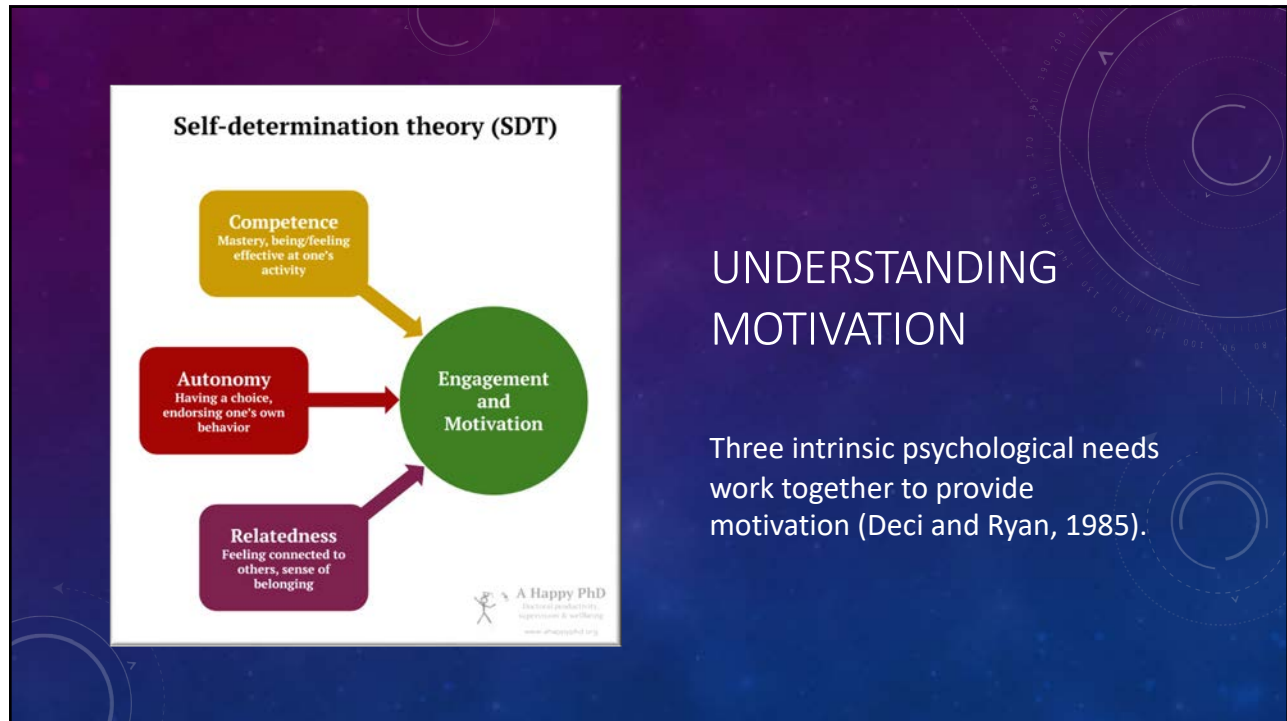
MOTIVATION

the feeling of wanting to do something, especially something that involves hard work and effort

the reason why somebody does something or behaves in a particular way

From the Oxford Advanced Learners Dictionary

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UNDERSTAND YOURSELF

- Everyone has a motivational structure that has worked for them:
 - Rewards/incentives
 - Peer pressure/comparison
 - Threats/fear
- What works for us can change in different seasons or day to day.
- When we get stuck, we often use the same tools more intensely. If the hammer isn't working, hammering harder isn't going to help.

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MAKE A PLAN

- Tinker with your motivational structures.
 - Try some extrinsic motivation (rewards and incentives can be useful! So can collegial peer pressure).
 - Try connecting and validating internal motivation.
- Prepare for a mental workout.
- Take strategic breaks (and more of them!).
- Set ridiculously easy goals to jump start productivity.
- Set SMART goals, especially for large, ongoing projects.

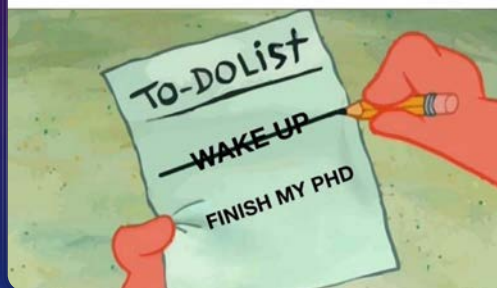
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SMART GOALS

Specific. Measurable. Achievable. Relevant. Timely.

- Not so good: I need to work on my lit review.
- Better: I will read these three articles by Friday at 5pm and incorporate them into my lit review by Saturday at noon.
- Not so good: I need to finish analyzing this data as soon as possible.
- Better: Today, I will work on transcribing these two interviews for the next 3 hours. If I don't get them finished today, I will keep working on them tomorrow morning between 9 and 11.

The last year of your doctoral program be like



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MAKE A PLAN

- Find study buddies (accountabilibuddies) and form a writing/reading/studying group.
- Don't try to force yourself into a "best practice" that doesn't work for you.
- Try not to compare yourself with others.
- Protect your most productive times of day.
- Set up predictable structures in your week.
- Remember that you are more than a grad student.

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BE A FRIEND TO YOURSELF

If you could transcribe your thoughts and show them to someone who loves you, how would they respond?

If you heard a loved one saying these things to themselves, how would you respond?

If you heard someone saying these things to someone you loved, how would you respond?

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REFLECTION QUESTIONS

What is one thing you can put into practice from today?

Who is someone you can work on your well-being with? How can you support each other?

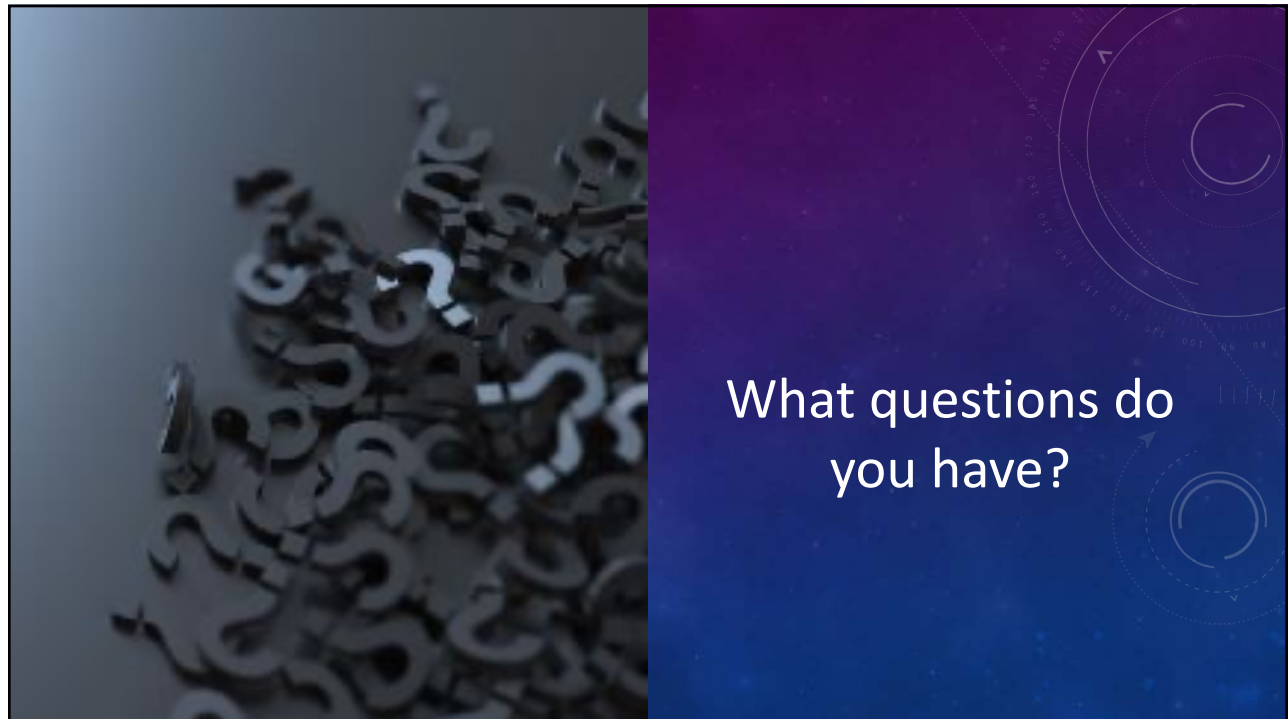
What is something you are looking forward to this semester?

Who are people that inspire you to do the work you're doing?

What is a visual reminder of the reason you're in graduate school?

What is one thing you can do to be a friend to yourself this week?

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WELL-BEING RESOURCES

GSLW has a list of resources, arranged by different domains (physical health, mental/emotional health, occupational and financial well-being, and more <https://grad.msu.edu/your-well-being>



The Council of Graduate Students (COGS) has a list of resources that includes academic and research support, learning communities, legal services, and more: <https://cogs.msu.edu/resources/>

List of resources on iTeach, put together by an international graduate student but helpful for anyone new to MSU: <https://iteach.msu.edu/pathways/205/playlist>

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RESOURCES AND UPCOMING EVENTS

COGS Workshop Series. Three workshops co-sponsored by COGS and GSLW starting in September on managing stress, increasing motivation, and preventing burnout. Check the [grad school events calendar](#) for details.

Health4U Workshops/Courses. Check out the [calendar of events](#) to find free workshops to support good eating and sleeping habits, stress management, and psychological flexibility.

Support Groups at CAPS for Graduate Students. Free groups for various concerns and identities. Check [here](#) for groups offered this fall, some are specific for grad students and others are a mix of grads and undergrads.

Developing Resilience. Massive Online Open Course (MOOC) for the Postdoc Academy, open to others. Explore resilience, not only in the context of bouncing back, but also as a way of supporting your well-being going forward.

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RESOURCES AND UPCOMING EVENTS

Kognito is an online simulation that will help equip you to talk to a friend who may be struggling with their mental health. Click [here](#) and scroll down to the next-to-last section to learn more.

The [ACTIVE Spartans Program](#) is a free exercise program that matches you with a Physical Activity Mentor (PAM) who will help you set up an individualized exercise plan.

[Lunch & Learns for Teaching Assistants](#). Meet twice a month to discuss evidence-based practices and pedagogy to teach in accessible and inclusive ways.

[Graduate Career Services](#). If you are in need of one-on-one help in your career planning, professional development, resume/CV advice, you can schedule an appointment.

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CONNECT WITH GSLW

- My email: akehimeg@msu.edu
- Website: <https://grad.msu.edu/wellness>
- Twitter: [@msugradwellness](https://twitter.com/msugradwellness)
- Facebook: [msugradwellness](https://www.facebook.com/msugradwellness)



Sign up here to get periodic emails with program details and well-being resources.

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VERY QUICK PROGRAM EVALUATION



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COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

In crisis: call CAPS (517) 355-8270 and press 1 to talk to a crisis counselor ANY time 24/7.

Not in crisis: go to CAPS website (caps.msu.edu) and click on the link to "Get Started." You will fill out a very brief Qualtrics and will schedule an intake appointment online. At that intake appointment, a therapist will work to understand your concerns, provide support, and identify the next steps that will be most helpful or appropriate to address your concerns.

- Zoom/in-person therapy and psychiatry sessions for students in Michigan
- Referral coordination to community mental health providers
 - Can also find community providers on your own: <https://msu.thrivingcampus.com/>
 - Psychology Today: <https://www.psychologytoday.com/us/therapists>
- Support groups (some just for grad students, most open to grad students)

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IDENTIFYING MENTAL HEALTH CONCERNS

People come to counseling with:

- Something that is “diagnosable”
- Something that is disruptive to functioning
- Preventative measures before something escalates
- An event or situation that is causing distress
- Something that would benefit from a neutral third party’s opinion

You do not have to wait until you are in crisis to talk to a counselor.

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IDENTIFYING MENTAL HEALTH CONCERNS

Signs of distress:

- Radical change in behavior
- Sadness, loss of interest in activities
- Poor concentration and motivation
- Anxiety, preoccupation with worries
- Frequent absences from classes or work
- Disturbance in appetite and/or sleep
- Increase of alcohol or drug use
- Self-harm behavior
- Talking about death or suicide

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OTHER SERVICES

Employees Assistance Program (EAP)

- 6 free counseling sessions for benefits-eligible grad students <https://eap.msu.edu>

Health Promotion (serving all MSU students)

- Wellness coaching <https://healthpromotion.msu.edu/fitness/wellnesscoaching/index.html>

Health4U (serving all MSU employees)

- Wellness coaching: <https://health4u.msu.edu/wellness/coaching>
- Workshops: <https://health4u.msu.edu/wellness/courses>
- Resources/articles: <https://health4u.msu.edu/wellness>

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RESOURCES FOR SUPPORT

- Ombuds Office – confidential consultations for academic, professional or personal grievances: <https://ombud.msu.edu>
- Office for Civil Rights and Title IX Education and Compliance – violations of the Relationship Violence and Sexual Misconduct Policy and the Anti-Discrimination Policy: <https://civilrights.msu.edu>
- Student Legal Services – free legal assistance and representation for MSU students: <http://studentlegalservices.com/index.html>
- Counseling and Psychiatric Services (CAPS) – individual and group therapy for students: <https://caps.msu.edu/>
- Employee Assistance Program (EAP) – individual and group therapy for MSU employees and their families: <http://eap.msu.edu/>
- Center for Survivors – support and advocacy for sexual assault survivors and those impacted by sexual violence: <https://centerforsurvivors.msu.edu>
- Safe Place – resources for relationship violence and stalking, including shelter, advocacy, safety planning, and more: <https://safeplace.msu.edu>
- Resource Center for Persons with Disabilities - <https://www.rcpd.msu.edu>
- Gender and Sexuality Campus Center - <https://gsc.msu.edu>
- Office of International Students and Scholars (OISS) - <https://oiss.isp.msu.edu/>
- Student Parent Resource Center - <http://studentparents.msu.edu>

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