



I don't have the
energy to study
– now what??

Directorate for Counselling
and Career Development

Could you identify on the reasons why the lack of energy?

- Interest - challenges finding meaning in what you do
- Personal circumstances
- Lack of planning
- Not reflecting about what is going on around you
- Lack of support

Interest in what you are studying

You need to think about your:

- Career vision
- Career goals
- Skills
- Values

Personal Circumstances

- Health issues
- Relationships issues
- Work-related issues
- Spiritual and emotional issues
- Financial difficulties

Lack of planning

- Easily distracted by media; e.g. TV, radio
- Social networks; e.g. Whatsapp, Facebook, Twitter
- Spending too much time with family and friends
- Attending to unnecessary activities; e.g. going to the mall
- Procrastinating

Reflecting on what is going on around you

Why do you feel demotivated?

Your Support System

What kind of support do you need?

Things to do to manage your lack of energy

- Reflecting about your career vision and goals
- Reflecting about your lack of energy
- Setting realistic goals
- Structuring your year, week and daily plan
- Learning how to negotiate support for your studies

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