

## Are you still motivated?

In previous weeks, we focused on some of the tools you need to be a successful Unisa student, including

- getting ready for your study journey
- connecting online
- knowing more about yourself and your habits
- planning your studies and learning more effectively
- negotiating support for your studies

It's important to have these tools, but it's just as important to have the **self-confidence and motivation to finish what you've started. Do you believe that you have what it takes to complete your Unisa studies?**

What's the big deal about self-confidence? How you think about yourself and what you believe you are capable of will influence how much you invest in your studies. Are you battling a little with your studies? Or are you worried about contacting your lecturer or e-tutor, because you're concerned about what they might say about you?

### Activity 1: Work on your self-confidence

**Your self-confidence is mostly shaped by your personal experiences** - your relationships with your parents and siblings, how you relate to your peers and how you compare yourself to others.

- Have a look at how you can [build your self-confidence](#).
- Write down 10 things you are proud of about yesterday. Easy? Difficult? You might have found this activity quite difficult, because we tend to focus on the negative (or things that went wrong) instead of appreciating the things we do well. Try to do this activity every day and start to take notice of the things you can be proud of.

### Activity 2: Try to stay motivated

Let's be honest. There will be times when you just don't feel like studying or times when you won't be able to stick to your study schedule. This is normal. Just remind yourself why you are studying and make a plan to get back on track with your studies. [Read more](#) about study motivation.

To contact the university, [click here](#).

To contact the SRU, [fye@unisa.ac.za](mailto:fye@unisa.ac.za)

**From the Student Retention Unit (SRU)...all the best for your studies.**