

How to Increase Persistence

1. **Understand and increase “grit.”** Think of grit as a combination of resilience, courage, conscientiousness, follow-through, and excellence. It’s something that takes effort and practice. Grit is following through with homework that’s been assigned, setting aside time for studying and actually studying, and telling yourself that you finish what you begin. Grit is not giving up when you face struggle, instead it is identifying gaps and getting help to continue to learn and develop. One way to increase grit is to understand your goals and passion, and how the new skills/knowledge that you will learn in classes directly/indirectly relate to your goals/passion.
2. **Write down your short term and long-term goals.** Think of goals as a visual reminder to what you plan to achieve. Once you’ve identified your goals that are both specific and practical, write them out and create a small visual reminder that will motivate you and keep it in a location that you will see on a daily basis (e.g., your wallet, purse, or bedside). Research suggests that writing goals down visualizing positive outcomes increases your chances of being successful.
3. **Find something you are passionate about and motivated by.** Find your ‘WHY’ to complete the tasks before you. Does engaging in part of the tasks provide you a sense of significance? Does it help you make social connections? Does it help you achieve your passion/long term goals? Does it help you grow and build new skills? Does it help you build your self-efficacy and grit? The why might vary based on the individual and the task. Find your ‘WHY’ and leverage it to push forward.
4. **Expect challenges and get help.** The skills and strategies required to be successful in college can be quite different than high school. Large lecture classes, types of assignments, group work and assessments might be new and challenging to you. Know that struggles are normal, and exams are about assessing your ability to apply the concepts you learn, not rote memorization.

Persistent students persevere through difficulty by redirecting focus on making action plans. They look at all resources available (instructor office hours, The Writing Center, The Learning Center, peers, etc.) and take advantage of those that fit their schedule. The persistent student proactively uses resources to prevent future problems, while focusing on their long-term goals.

5. **If you are procrastinating, understand your reasons for procrastination.** Procrastination is an act of choosing to do something that is less of a priority in order to avoid tasks that are challenging or unpleasant. It is in fact a coping mechanism or a temporary relief for longer term problems. The first step to overcoming procrastination is to understand your reasons for delaying the tasks.

Check out [this guide](#) to learn more about different reasons for procrastination and strategies to manage procrastination.

6. **Reward yourself for deliberately practicing a new concept, even if you aren't successful.** It's all about growing your abilities, not rewarding yourself for what's easy. When you are successful making a deliberate effort to learn something new and challenging, give yourselves a pat on the back, schedule activities that recharge you, watch an episode of your favorite show, call your accountability partner or just be.

Additional Resources

<https://www.youtube.com/watch?v=JfdoJxPjp1k>
<https://learningcenter.unc.edu/tips-and-tools/motivation/>

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