

EVALUATE THE REASONS FOR THE LACK OF MOTIVATION



CONSIDER WHAT'S INTERESTING ABOUT YOUR STUDY PROGRAM

Motivating yourself to do something you don't see the point in, it's always hard. Try to name three ways to use the thing you're learning, for your future, for other people, or in practice. If it doesn't work and it's hard to find what you're interested in this study program, think about whether you're in your place. Together with your career counselor, consider whether you have really chosen the right study program and find out what your opportunities are.



EVALUATE HOW HARD IT IS TO LEARN AND FOCUS

Perhaps higher-than-average intelligence used to help compensate for difficulties in reading, writing, counting (dyslexia, disgrapy or dyscalculia).

If there is a suspicion that this may be the cause of the debt, the Vilnius University Psychological Counseling and Training Centre can help assess whether it is the case and offer recommendations for dealing with that.



EVALUATE WHOSE WISHES YOU ARE TRYING TO SATISFY.

Pressure from relatives and society to study or not to drop your studies can lead to procrastination and reduce motivation. In such cases, contact a career counselor. Together you will be able to clarify the interests and choose the right course of study, as well as find a way to talk about it with your parents or other people whose pressure is difficult to cope with.



HAVE STUDIES BEEN PUSHED INTO A SECOND PLAN BY OTHER PROBLEMS?

Physical illness, family or relationship problems, as well as financial problems can not only interfere with learning, but also lead to health-damaging ways to deal with severe emotions. If you notice an increase in alcohol or other psychoactive substances consumption, decreased sleep, changed appetite (decreased or increased), become extremely irritable or experience severe stress – be sure to seek help from a family doctor or psychologist (contact by email kmc@fsf.vu.lt or by phone +370 5 268 72 54).

