

Motivating Yourself to Do Homework

Learn how to get motivated to do school work. Explore tips and techniques for doing homework and discover ways to avoid procrastination and distraction.

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How to Get Motivated to Do School Work

Completing schoolwork takes effort of all sorts in the classroom, but completing the schoolwork outside of the classroom is another challenge to consider. [Completing homework](#) tasks is an important part of receiving an education and must be completed by the student on their own time. While there are many methods students may choose, they are more or less generally impacted by the student's motivation; but students are often unaware of how to get motivated to do homework. Understanding how motivation can have an effect inside and outside of the classroom is crucial for working towards making improvements.

Motivation is a key factor for students who are working to reach a goal.

Motivation behaviors can either be classified as intrinsic motivation or extrinsic motivation. Intrinsic motivation focuses on internal factors, which include things like purpose and mastery. For students, this can be something that brings personal satisfaction, like creating an art piece or receiving praise for getting excellent grades in their classes. Extrinsic motivation focuses on external factors that impact overall motivation, such as compensation and other rewards.

Students may be motivated in this way when they receive an allowance for being on the honor roll or get a trophy for placing first in a science fair.

Often, the topics taught in class can prove difficult or complex, plus they are not always interesting to the students. Motivation stems from a genuine interest or a

reward that is gained in return. Students who are not interested in learning the subjects at hand may improve their motivation by understanding the value of an education. By grasping the connection between a good education and a good career, students may be motivated to complete their homework so that they can receive better grades.

Understanding how to get motivated to do schoolwork takes practice and patience. Students will need to build up healthy study habits and get into a routine to ensure that they stay on track. There are numerous benefits for students who do their homework. From gaining a better understanding of the topic to improving communication with their teachers, the students can make many academic improvements, which can ultimately contribute to their overall success in school.

Benefits of Doing Homework

Completing homework assignments has many benefits, not only for students but also teachers and parents.

Benefit	Explanation
Increased Comprehension	Homework is generally focused on helping students to understand better the material that is presented in the class. Being able to apply these concepts outside of the classroom can give the students another perspective and allows them to use the concepts in other ways. They are able to put the class topics that are learned in the classroom into practice and improve their comprehension at their own pace. Doing homework on a regular basis helps students to improve their grades . By putting these topics into practice, the student can apply the topic instead of simply listening about it in the classroom and, thus, increase their knowledge and understanding.
Student Independence and Responsibility	Students who do homework can also make other improvements besides their academics. Completing homework gives the student a sense of independence since they are responsible for completing an assignment on their own time and turning it into the teacher in class. This not only improves their problem-solving skills, but it also improves their time management skills since they must fit their homework into their routine. Doing homework also decreases the amount of time spent on the screens. Since students use technology more frequently now than students past, assignments that require the use of simple pencil and paper can help to reduce this.
Parent Involvement	Teachers and parents can also benefit by gaining insight into the student's progress. Taking school assignments home allows the parents to be more involved in the student's education. It gives an understanding to them as to whether the student is progressing and where they may need assistance. This can create opportunities for the parents to recognize if the student could benefit from hiring a tutor or needs additional assistance in other ways.
Progress Tracking	Teachers benefit from assigning homework since they also gain insight into a student's progress. This allows them to assign work that is on track and appropriate for the level of the students. These assignments can then be adapted to fit the needs of certain students, such as those who need to practice specific concepts compared to others who can fully comprehend. Assigning homework also opens up discussions between students and teachers and improves their communication. Students can approach teachers to ask about specifics in the homework and understand what is expected.

How to Motivate Yourself to Do Homework

It is important to know exactly how to motivate yourself to do homework. What works well for one student may not be as effective for another. While there are many techniques to apply and try out, some are more suitable for certain students and subjects. Determining which methods to use depends on the student, their interests, and their general abilities to focus on specific subjects.

Starting with Difficult Tasks

Students can improve their motivation to do homework by working on tasks that are more difficult. By starting with these tasks, their concentration can be focused first on the more complex topics when they have a fresh mindset rather than becoming more fatigued with other simple concepts and tedious tasks. Getting the more difficult tasks out of the way first can also motivate the students to continue working on their other homework since it is essentially seen as easier work from the student's perspective.

Focusing on Smaller Portions of Larger Projects

Students can work on larger projects by separating the content into smaller parts. By working on one part of the project, the student can learn and practice each part in increments and have a better focus on just one portion. Student retention, in general, is improved when they focus on smaller aspects of a concept at a time due to attention span and overall concentration abilities.

Setting Goals

Teachers can work with students to set realistic goals when it comes to homework standards. These expectations should be clearly outlined in class so that students understand what to do as they complete the project on their own time. It is vital to ensure that these goals are appropriate for the student's level, the concepts currently being taught in the class, and the ability of the student to complete the project independently.

Actively Participating in Class

Students who can participate in activities with others can improve their knowledge of the subject being discussed. Creating games and discussions in class helps the student to grasp the topic easier, making the process of doing homework seem less difficult. The student would then be more motivated to complete the homework since their confidence in the subject is boosted.

Finding a Place to Study

Students may find that they study more efficiently when they change their location. Completing their homework outside, at the park, in the backyard, or at a library may boost their concentration. Of course, this depends on the student and their own preferences on how they study. In general, a good study location is free of distractions and allows students to work comfortably on their assignments.

Setting Reasonable Expectations

Students may not be motivated when they feel they are unable to complete the task as expected. It is imperative for students first to try working on the assignment before making assumptions about how well they can do the work. Often, students want to achieve high standards, which may not be necessary. Many homework assignments are graded based on completion rather than given numeric grades like [exams](#). By removing high expectations, students should ease into the subjects slowly and work on what they already know about the topic and go from there. This will help students to gain confidence as they expand their learning.

Establishing a Routine and Self-Care Habits

Creating a schedule or routine can prove beneficial for the student as they balance out many homework assignments from different classes. Having a set routine and sticking with it can help the student to accomplish all their tasks. It can also help the student to prioritize homework that is currently due and other projects that are a larger part of their grades. It is important to make sure to take breaks during study sessions. Learners only retain so much information at a time.

Breaking down the content into smaller increments can help students to learn better and retain this information more efficiently.

Self-care is an important part of success in all aspects, including education. In order to have [improved focus](#) and be able to comprehend the material effectively, students should consider basic self-care habits, such as staying hydrated, getting enough sleep, and exercising. In combination, these can help to improve the energy and overall function needed to complete schoolwork. If students are [struggling with their mental health](#), they can seek help from their parents or high school counselors.

How to Avoid Bad Homework Habits

Finding the motivation for doing homework may make use of one or several of the techniques mentioned. One major factor for students to consider is avoiding procrastinating on their work. If the student does not keep up with the assignments as scheduled, they may not be able to fully comprehend a subject. Having this disconnect can affect further assignments and make the process of learning other more complex topics in this subject more difficult.

Avoiding Procrastination and Finding Motivation for Homework

To avoid procrastination, students can create a schedule, make sure to check assignments daily, create [study guides](#), and take notes in class to get ahead. Still, there are some things both teachers and parents can consider, which may help the student to stay motivated. Teachers can easily find out their students' favorite movies, music, and tv shows with simple surveys or class discussions. They can work to incorporate these topics into their lessons as games or references as examples of concepts for the students to better engage and comprehend the topic. Teachers may also use incentives such as movies in class or pizza days to motivate the students if they all turn in their homework on time.

Parents may also choose to use motivation techniques in the form of rewards for students who are struggling in class. Offering a small allowance for completing their assignments or receiving an 'A' may also motivate students who are falling behind. Parents who want to use these strategies to help improve their education should determine the student's interests and how they can be incorporated as they complete their work.

Avoiding Distractions While Completing Homework

It is important for students to ensure that they avoid distractions while they study or complete their homework so that they can do so in a timely manner. They should determine what might be considered a distraction, whether that be a TV on in the background or music playing. Some students may find these to be relaxing as they complete their work, while others can find them to be distractions. Make sure to take note of what works and what does not.

Eliminating these distractions can help the student to focus better on the homework and comprehend the material clearly without interruptions. Having a clear focus can help boost the student's knowledge in that particular subject area and can give the student confidence to go ahead in the class.

Phones are another common distraction for students nowadays. Those who want to place their attention strictly on their homework to improve their focus should consider putting their phone away or turning off notifications, such as text messages or other notifications from social media apps. This also applies to games on phones, as well as browsing the internet.

Snacking is another distraction that might remove some of the focus from homework. Make sure to either take breaks for snacks, since taking breaks is also crucial for retention or look for snacks that are easy to eat, with minimal distraction, while working on projects and assignments.

While some students may consider themselves to be multi-taskers, it is often ineffective for homework purposes. Having focus spread out for many different things slows the process of homework. Students may become distracted with

other interesting things and not be as motivated to continue doing the schoolwork. The purpose of avoiding these distractions is to ensure the student stays on track and is motivated to complete their work.

Seeking Help with Homework

Students who find that they need assistance with their homework should reach out to others. Having the teacher or other students in the class explain what is expected could reduce the amount of time the student spends trying to figure out what the assignment is and how it is to be completed. There are many reasons students may need to reach out to the teacher or their peers, such as if they were absent from class or if they are falling behind and are unable to grasp the subject.

There are many people students can consider reaching out to, starting with their parents, who may be able to explain what the homework assignment is asking. Other people students can reach out to include their peers, counselors, and teachers. For more background information on the topic, such as a topic covered in a previous class or needing a better understanding of the entire concept as a whole, they should consider reaching out to the teacher.

Students who want more help in general as they look to boost their grades can consider both study groups and tutoring. Study groups allow the student to engage with others in the class who are learning the same subject. The students can come up with ideas and help explain certain topics to one another. This may also create a learning environment that is more enjoyable for the student. Hiring a tutor is also another option for a student who needs assistance with their homework on a regular basis. The tutor can help the student to comprehend complex topics and can guide them to come up with methods that can give them a better comprehension of their schoolwork.