

TOP COMMON STUDY PROBLEMS AND HOW TO DEAL WITH THEM

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Every learners may go through several difficulties related to study at one time or another, and overcoming these challenges is all above crucial part of the gaining knowledge, the learning process, particularly when you have a lot to study and heavy workload.

Similar problems are caused by chronic lack of motivation not only inner, but also outer one, and low productivity. This can be solved with the help of extraordinary willpower to successfully control that prevents learner from acting ,but that can be conquered with right attitude. In this article, the most common study problems will be noted that easily attack to student in path of gaining knowledge and will be discussed some strategies for dealing with them.

1. LOW MOTIVATION

Low motivation is one of the biggest dilemmas you can face during your education. Without enough internal drive to succeed, doing the sheer volume of work that is essential to get qualifications (whether IELTS,CELTA or a degree) can seem impossible. Hook to penetrating low motivation is to address the reasons behind it; it may differ from person to person, subject to subject:

- You are overwhelmed and stressed, with too much to do or study
- There are other stuff that can seem to you more interesting rather than what you are doing
- You realize the certain subject extremely boring, or do not enjoy the whole process
- You simply do not like teacher
- You have other problems germane to financial stability, health, family or etc.. .that meaning of studying seems to you nonsense
- You are overthinking about future whether you would achieve or not mainly failures and obstacles that may occur in road path of success.

Do you recognize any of the listed problems above in yourself? Taking specific steps towards overcoming and making up an action plan for dealing low motivation also means figuring out what can inspire you. For instance, is it.:

- The proposed satisfaction after finishing the task?
- Good comments from teacher?
- Being known as genius by your groupmates and parents?
- Short-term rewards, it can be given by yourself?
- Long-term success.?

When you realize what is behind of your low motivation, half of the job has already

done to tackle your issues head-on.

A few strategies as promised to kick-off motivation urge you to act include:

- Write some motivational quotes into the small flashcards, it should be reachable by your working desk, so that when you feel that you are running out of motivation you have something nearby to spur you on.
- The eating habits: eating foods full of sugar for the beginning of the morning can extract energy out of your body, left part of the day you may feel exhausted in order to avoid this problem, it is advised that eating sugary foods other parts of the day. And being cautious to tiny elements like that can save you from low level of productivity.
- Drinking enough and suggested water a day, getting enough nutrition from your daily products are vital: if your body is healthy, your power to motivate yourself and keep on track will enhance dramatically.
- Creating a map or specific dream wall with any goals you want to achieve, in this way you may find yourself to end up to do this work now!

2. TOO MANY DISTRACTIONS

Many students suffer from miscellaneous distractions these days while they are dedicating themselves to education and found it a little bit disgusting after feeling distracted!

Social media, gadgets, friends, television, video games and outings all have a part to play in wreaking havoc on students' performance at tertiary educations. Moreover, it is time to change your workspace into one more conducive aura. Creating an opportunity to be in the right environment for learning can correspondingly take the easy way out to overcome the power of all these external distractions:

- Throw away the things you think to be your weaknesses from your desk. It can be your smartphone, the internet, the television and so on.
- Set limitations to surfing the net weekends, or after all tasks are completed.
- Try to use apps such as help you to avoid distractions, will lock your phone for certain time periods while you are working with your laptop or phone and make sure it is distraction-free environment for you.
- If you find it difficult to get work done at one standpoint, try to go somewhere else that inspires you to finish the task. Library is the best option for studying without distractions and cellphones out of volumes, peace and quiet is guaranteed.

3. TIME MANAGEMENT

Being organized and manageable every single task is immensely important if you want to study effectively and increase your productivity. Working to a set timetable can help avoid procrastination. One of the big secrets to productive study is to make maximum use of time you have available. Next tips for time managing ability include:

- Do not bite off more than you can chew. You have to divide the huge assignments into the small parts so as to avoid panicking of the brain after seeing tons of stuff to do.
- Do not leave everything until the last minute. Even if you work better under

the pressure of a looming deadline, it is never advised to leave any work to the last minutes. Try to complete the tasks beforehand in order to give you some relax after hard work.

- Set study times. Figure out that in which part of the day your brain is active and eager to learn new things and stick rigidly to prescribed study times whether it may be morning or night, but do not forget to schedule in breaks with chocolate as well.

All of the obstacles and difficulties that are mentioned above in the article can be absolutely tackled by getting into the right mindset and decisions which way would you choose. A positive mental point will give you reasonable solutions and help you get into the track of the habits, whatever you are facing. If you are really stuck in one point, take a little time to refresh your mind and adjust the way of thinking about your studies.

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