

Maintaining Motivation and Independent Learning

MA Design for Data
Visualisation



Gem Smith

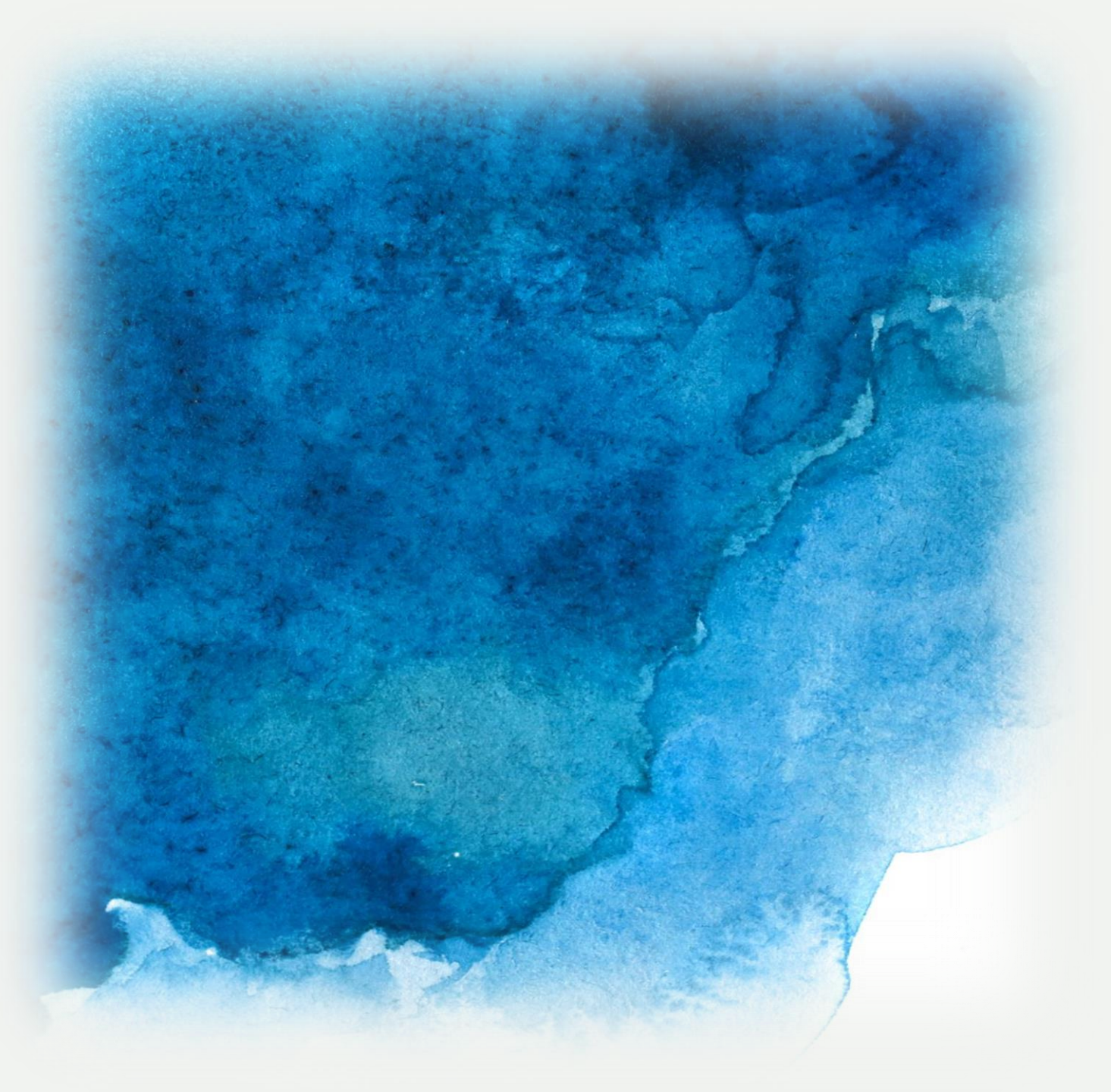
Academic Support

A large, abstract blue watercolor splash graphic on the left side of the slide, with various shades of blue and white, creating a textured, painterly effect.

What we will be looking at...

- what is motivation
- how you can maintain motivation during your course
- strategies that can help you with your motivation
- how to work independently effectively
- time management helpful guides

Motivation



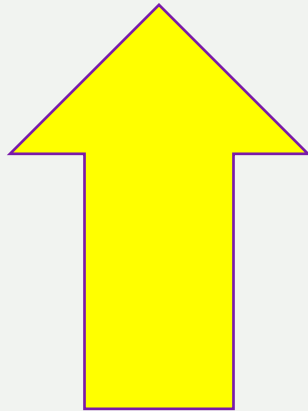
Activity 1:



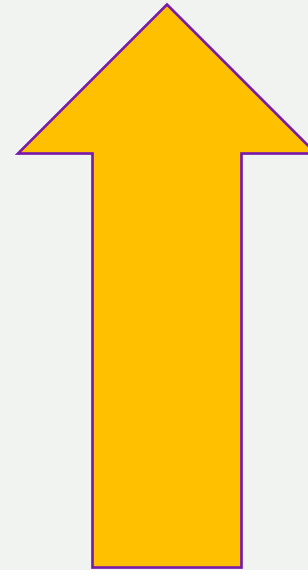
How motivated are you as a person?



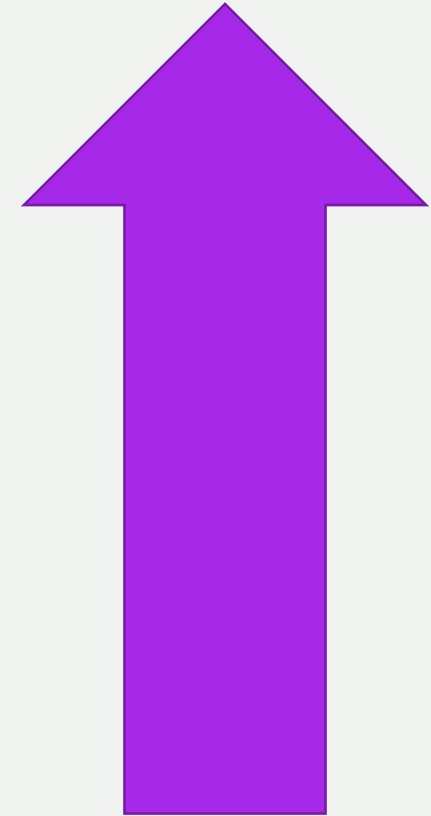
Not very



Slightly/Depends



Most of the time



Very

A silhouette of a person is captured mid-jump, leaping across a gap between two dark, jagged rock formations. The person's arms are outstretched, and one leg is forward, suggesting a powerful leap. The background is a vibrant sunset sky, with a large, bright sun positioned directly behind the person, creating a halo effect. The sky transitions from a deep orange near the horizon to a lighter yellow at the top. A few wispy clouds are visible near the horizon line.

What Motivates You?

(Adobe, 2023)

What is motivation?

- **Motivation** is a **force that makes people act**, set goals, and achieve them.
- **Motivation** is heavily influenced by culture, lifestyle and society. Each have their own motivation drivers.

How motivated are you when it comes to
your university work?



(Adobe, 2023)

Activity 2:

Flying challenges exercise (4mins)

- With the pens and paper on your tables write down one challenge that you are facing with motivation and your University work. Then crumple up the paper into a ball and when I say throw them into the air.
- Grab the nearest paper ball and read out some of the anonymous challenges and offer advice to your peers as to how they could become more motivated.

Things that can affect your motivation

- Bad planning
- Social Life
- Mood
- Sleep
- Understanding the task set
- Procrastination
- Family responsibilities
- Setting yourself impossible tasks
- Disorganisation

Think about how do you like to work?

- In quiet
- In noise
- Independently
- Collaboratively
- Having clear directions and guidelines
- Loose boundaries and fluid movements
- Climate control – warm/cool

Types of motivation in education

- **Achievement** - motivation
- **Reward based** - motivation
- **Fear based** - motivation

Achievement based motivation (Intrinsic – self gratification)

- Achieving a goal for **personal development**.
- This motivation allows the person to feel **worthy** when the assignment/task has been completed.
- The idea that you will receive **certification, or an award** is a good incentive for motivation but not all.
- Wanting to be the **best that you can be** also gives a good sense of achievement.

Reward based motivation (Extrinsic – external rewards)

- This is the most popular and an **easier way** to receive a motivational boost.
- This is **incentive** based.
- This works hand in hand with **achievement driven motivation**.
- This is **an external** reward motivator.

Fear Based Motivation (Extrinsic – reward centered

- Based on a **fear of pain** or an awkward feeling.
- Sometimes labelled as **negative but can be positive**. It may use fear to motivate but as a result positive results can be achieved.
- This **should not always** be a motivational tactic for to work in fear continually for this situation can potentially lead to the **negative aspects superseding the positives**.

Your Motivation is Exclusive to you

- You could use a **mixture of extrinsic and intrinsic** to provide you with your level of motivation. There are no set rules, you can mix and match, do not feel you have to stick to one.
- You cannot use **every type of motivation** in every situation.
- Do whatever it takes to achieve **outstanding results**.

Maintaining motivation with your **final major project**

- Deadline is November – **Focus and perseverance is the key.**

Your submission:-

- **Practical Work** – a portfolio of your completed Major Project practical resolution
- **Critical, Visual Report** – a designed, illustrated, edited, Critical Visual Report (1 single PDF copy submitted to Moodle, 100MB max file size) to include related supporting developmental materials, including evidence of contextual study and visual testing of form and media (6,000 words excluding appendices & bibliography excluding citation & reference)

Activity 3: Visualise/Setting Goals (8 mins)

Using magazines, paper and markers and create a sample vision board that represents your intended goals and aspirations academically and personally.

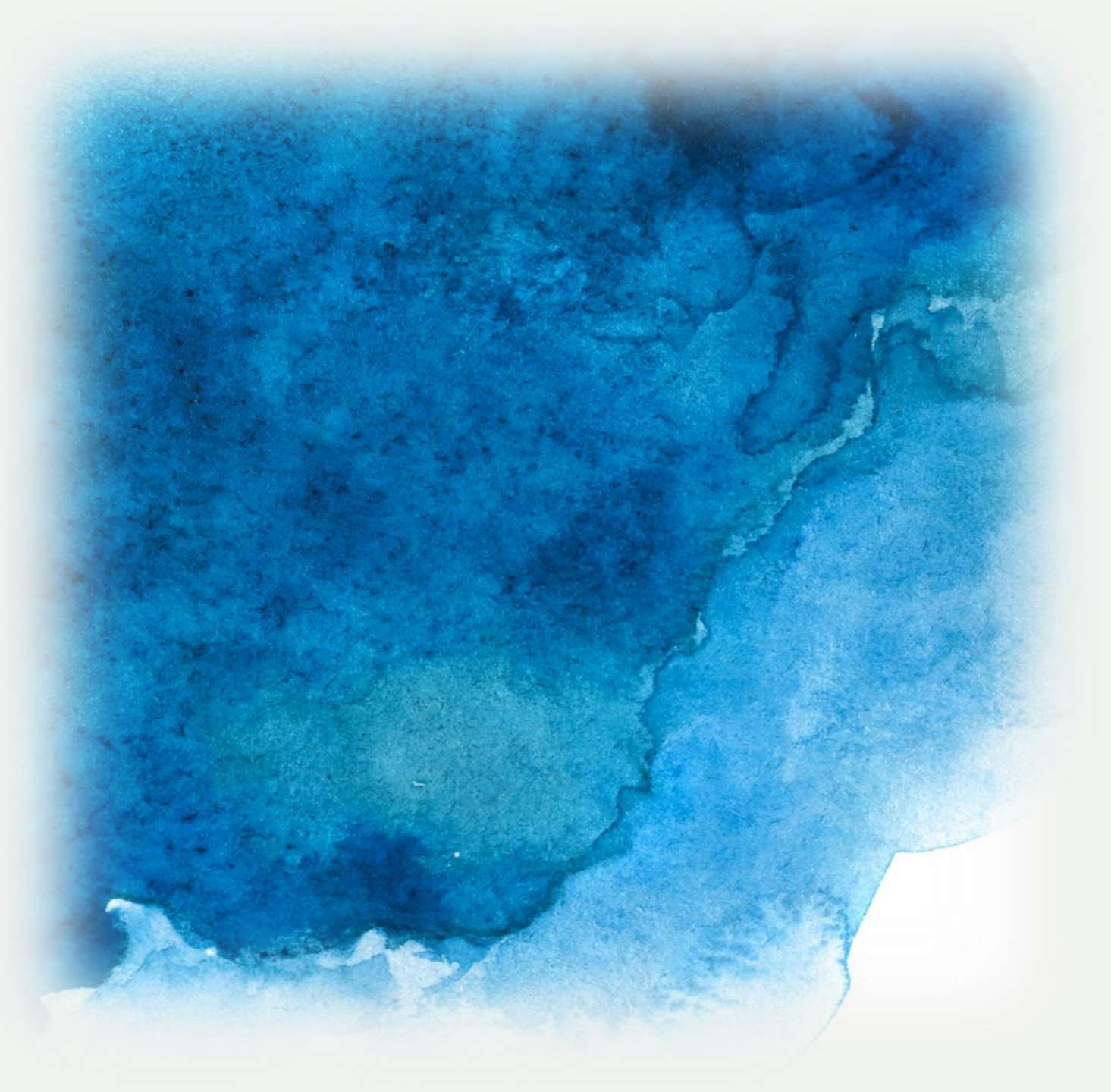
You can focus on things that you want to achieve in the next year or even beyond. It could be one word or an image/s.

You will feedback and share how your vision board connects to your goals.

Reflective questions to consider:

- What is one goal on your board that excites you the most?
- How can you take small steps to reach these goals?
- What challenges might you face, and how can you overcome them?

Strategies



How to start?

1. Remember your **Why?**
2. Set clear study **goals.**
3. **Celebrate** small study goals
4. Avoid **Procrastination**
5. Create a study **plan**
6. Create a good **study space** and environment
7. Listen to **music**
8. Try the **Pomodoro** technique
9. Find a study **group or buddy**
10. **Discover** what motivates you to study
11. Just **do it**

1. Remember your why?

- Why are you undertaking the degree or course in the first place.

Ask yourself:

- Why did this type of study **initially interest** you?
- What do you **most enjoy** about it?
- What do you hope to **achieve** when you finish?
- Being able to articulate your 'why' will help you **set long-term goals**. It's one of the most powerful motivators, when you don't feel like studying.
- One key tip is to imagine your **life in the future**, once you've finished your study. Picture how your qualification will help you succeed. Come back to this image whenever you are lacking in study motivation.

2. Set clear study goals.

- Put together a list of **goals** that motivate you. These can be small goals or big goals – it's good to have a mix of both.
- Separate your work into **smaller manageable chunks**.
- Setting a **section to study** for each part of your project will make the overall piece seem a lot less daunting.
- Create a **vision board** so you have something to look to when you're lacking motivation.
- Your goal for the day might be to **select readings** you want to reference. Then the next time you sit down for study, your task could be to pull key points out of the readings.
- **Bit by bit**, you'll get the project complete.

3. Celebrate small study goals

- You do not have to save the rewards for the big goals. Celebrate completing your **smaller study goals** too, to help maintain motivation.
- Every step that you make is a **stepping stone** to your ultimate goal.
- Whatever your end goal, you'll find yourself far more motivated to study if you **celebrate your achievements** along the way.
- Keep **creating new goals** for your journey will evolve.

4. Avoid procrastination

- Procrastination is the **enemy of most students**. Although it may feel good to allow yourself to get distracted in the moment, it may hurt you in the long run.
- Your workload **doesn't get smaller**, as you won't be chipping away at it – it will only accumulate.
- Procrastination can also harm you long-term. You end up **wasting time** that could be better spent working towards your end goal.

Avoid procrastination by limiting distractions:

- hide your phone
- leave it in another room
- simply turn it off
- install app blockers.

5. Create a study plan

- This can help you stay **accountable** and give you a visual overview of your study workload.
- You can **tailor a plan** that works for you around any work or social commitments.
- Make a note of **key exam and assessment dates**, so you can prepare for them accordingly. **Break down** your study load from big, daunting tasks into smaller daily and weekly goals.
- You'll find **shorter periods** of study (around 20-30 minutes) will have a positive effect on motivation.

Activity 4:

Create a study plan using the template given or create your own. (15 mins)

6. Creating an encouraging study space

- It is not just about how you study. **Where** you study is equally as important.
- Your study spot needs to be somewhere **comfortable**, where you can sit for prolonged hours without getting distracted.
- You may find it best to study in a place that is naturally quiet, such as a library.

Try different locations to bring further inspiration.

- Try studying in a cafe, or if the weather is nice, at a park.
- If you prefer to study at home, make sure you create a space that is clean and organised. Make it your designated study space, so when you settle in, you know you're there to get work done.

7. Listen to music

- For some people, music can assist with studying. The sound of your favourite tunes (or classical music) can **drown out distractions**.
- Put together a **playlist** of songs that motivates you to study. Make sure you choose music that aids in your study, rather than becoming intrusive.
- You can also listen to **noises** such as, white, brown, black and pink noises for focus and relaxation.

8. **Pomodoro technique**

This technique is a good one to use when you need to study but lack motivation.

Simply:

- commit to 25 minutes of study
- take a break for 5–10 minutes
- repeat this four times
- take a longer break.
- By using this technique, you can begin to understand how long a task will take and organise your time around it. You can customise this method to suit you and your specific goals.

9 . Find a study group or partner

- This brings **ownership**.
- Allows you to **share ideas** and to be accountable.
- This is good **encouragement** and helps you to keep on track.
- This can sometimes bring distraction so you will need to be **focussed and disciplined**.
- This can also help when you are **feeling demotivated**.
Conversation and dialogue is good for stimulation.

10. Discover what motivates you to study

- What do you like doing **best**?
- Do you like completing **lists** and marking items off
- When you are in a good head space this will be the **driving force**
- **Experiment** and see what works for you

Just start, you do not always have to be motivated.

- Sometimes you just must sit down and **start studying**, instead of waiting for motivation to kick in.
- **Scheduling in study** is helpful in this way – it's time you have specifically designated time to spend on a particular pursuit.
- Try breaking your study into **tiny steps**. Set yourself a deadline for when each step needs to be completed. Then, tell yourself you can have a **reward** once the task is complete.

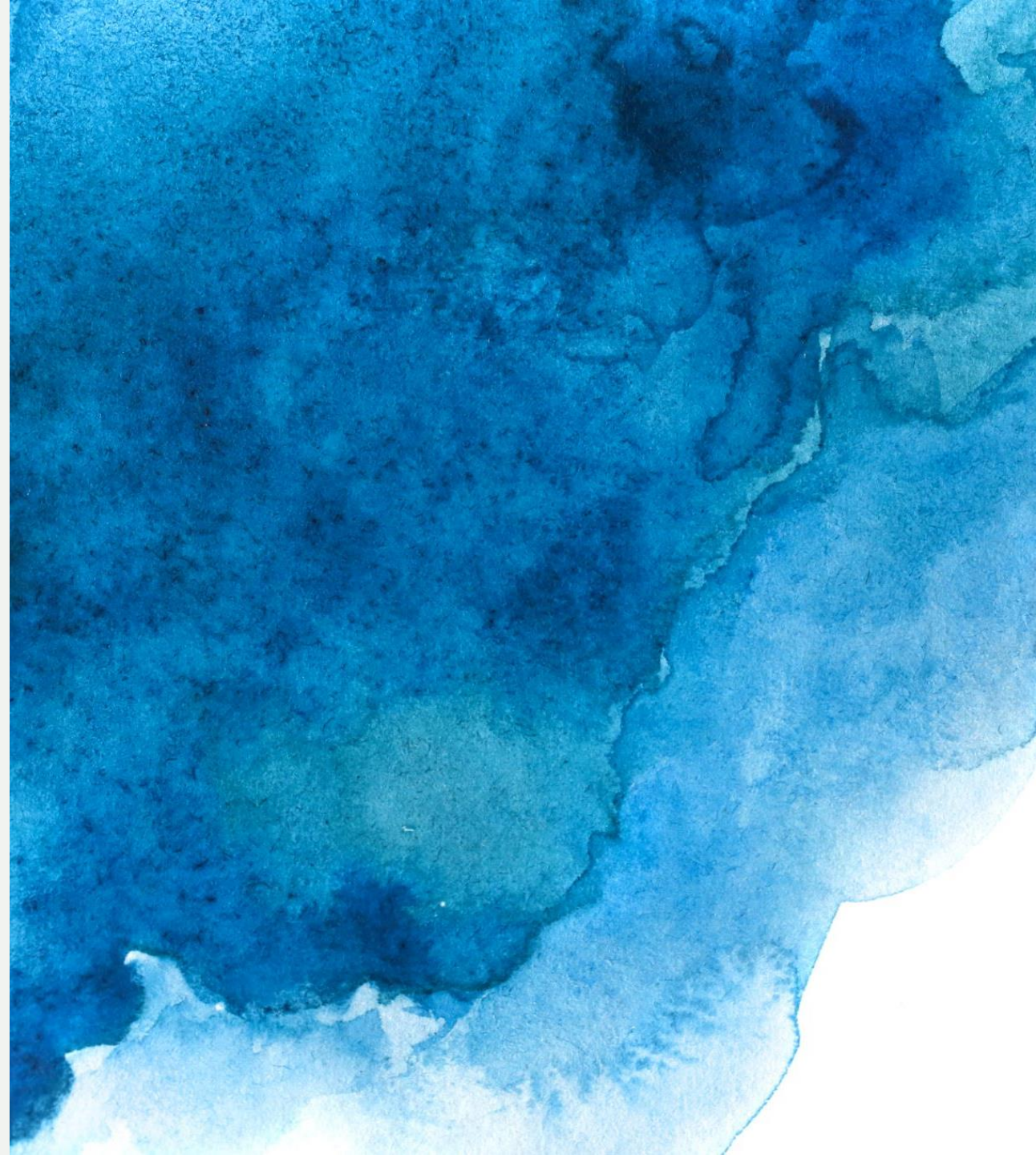


10 min break

Your assignment briefs

- requires a **high level of maturity and self-motivation**.
- You will be required to **work independently** to identify and realise the aims and intentions of your project.
- You should also **engage with and draw on** the collaborative development and critique of your project work with your peers, tutors, and where appropriate, external partners by participating in presentations, tutorials, seminars and workshops about and relating to your and others' project work.

Independent Learning



Independent Learning



(Adobe, 2023)



(Kinonen and Hoshikawa, 2019)



Activity 5:

Discuss these questions and points in your groups.(5 mins)

- Are you an **independent learner** or do you like to work **collaboratively**?
- What are the **advantages and disadvantages** of working independently?
- Think about any tips that have helped you while working independently

Think about any tips that have helped you while working independently

Advantages of working independently

Reduces conflict

Increases your efficiency

You are solely responsible

You will receive the full reward

Allows you to work at your own pace

Eliminates politics and interacting with a wide range of personalities

Reduces peer meetings and therefore will save time

Control of your time

Relaxed environment

Can be less stressful

No need to manage others

Shortens project timelines

Develops good problem - solving skills and project management

Boosts your self esteem/confidence

Embodies your creativity

Disadvantages of working independently

It can be isolating

Can be more stressful for you have no one to bounce ideas with

All the responsibility is with you

Less communication with others

You may be less efficient

No separation of duties

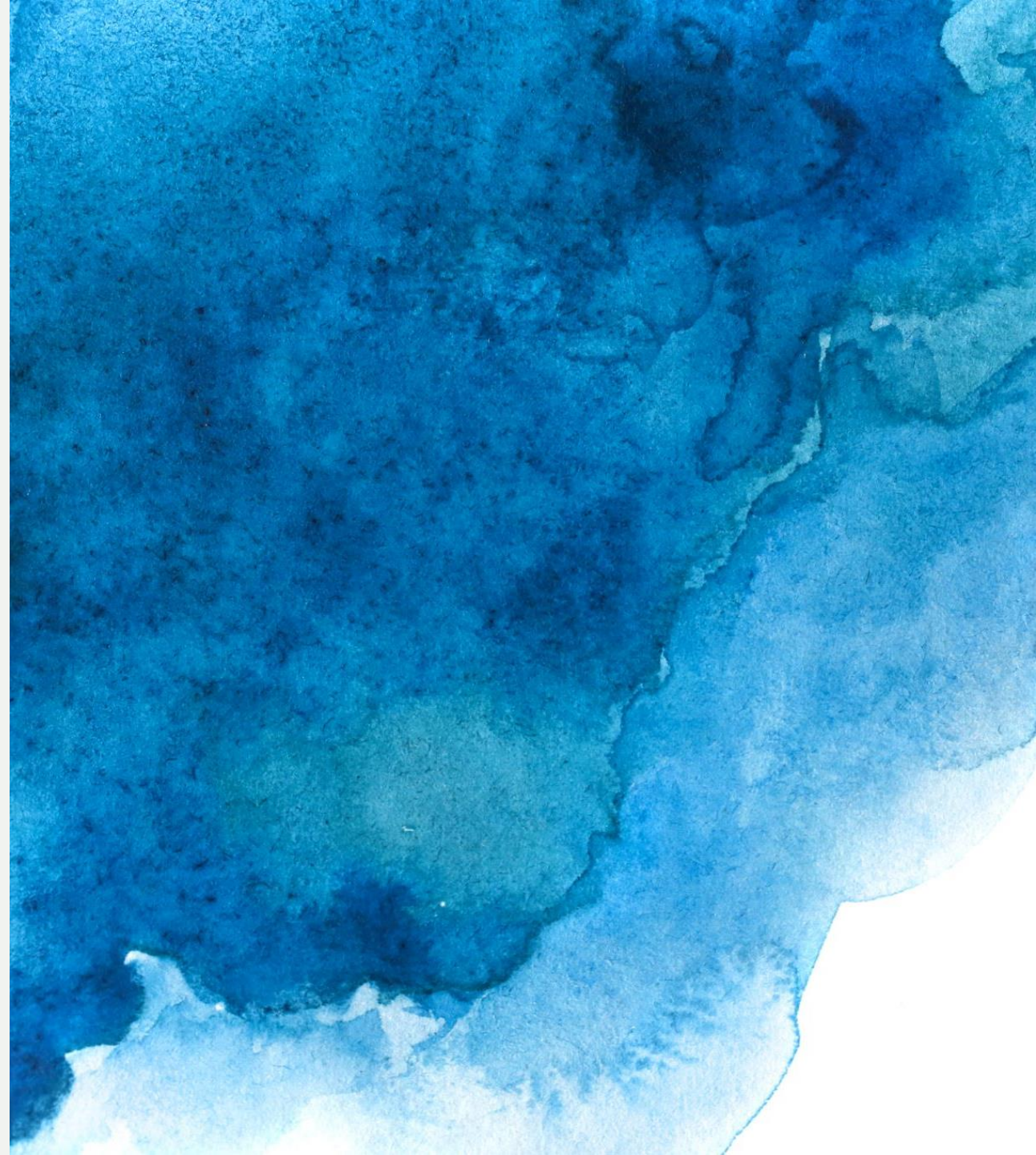
Limited feedback from your peers

Less collective learning opportunities

Staying focused may be a challenge

Staying motivated

Time Management



Organisational tools that can help you to focus when working independently

- Keep **records** of any sources that you use.
- Use a **time planner**
- Mobile phone for **reminders**
- Wall **planners**
- **Paper** diaries, planners, digital diaries and planners to keep you on track
- **Post it** notes
- Large **sheets of paper** to jot notes down to show an overall view of your project and timescale.

Time planners



Time management strategies

- Write a “to-do” list
- Prioritise your work constantly
- Find a dedicated study space and time
- Budget your time to make the most of it
- Work out your best study method
- Be realistic about the time you spend studying
- Focus on long-term goals
- Solicit help
- Don't be afraid to say “No”

Create a checklist



- Set up essay folder:
 - Research file ☐
 - References file ☐
 - Draft file ☐
- Plan out initial reading / library check-outs ☐
- Initial reading ☐
- Draft 1 ☐
- Secondary reading ☐
- Draft 2 ☐
- Proofread / copyedit ☐
- Friend proofread ☐
- Academic Support tutorial ☐
- Submit first draft for formative assessment ☐
- Review feedback and plan ☐
- (Further reading or tutorial if needed) ☐
- Draft 3 ☐
- Proofread / copyedit ☐
- Friend proofread ☐
- Submit for summative assessment ☐

Video about Maslow's theory of motivation and independent learning

- <https://www.verywellmind.com/what-is-maslows-hierarchy-of-needs-4136760>

What are your hierarchy of needs?



What do you need to fulfil your true potential?

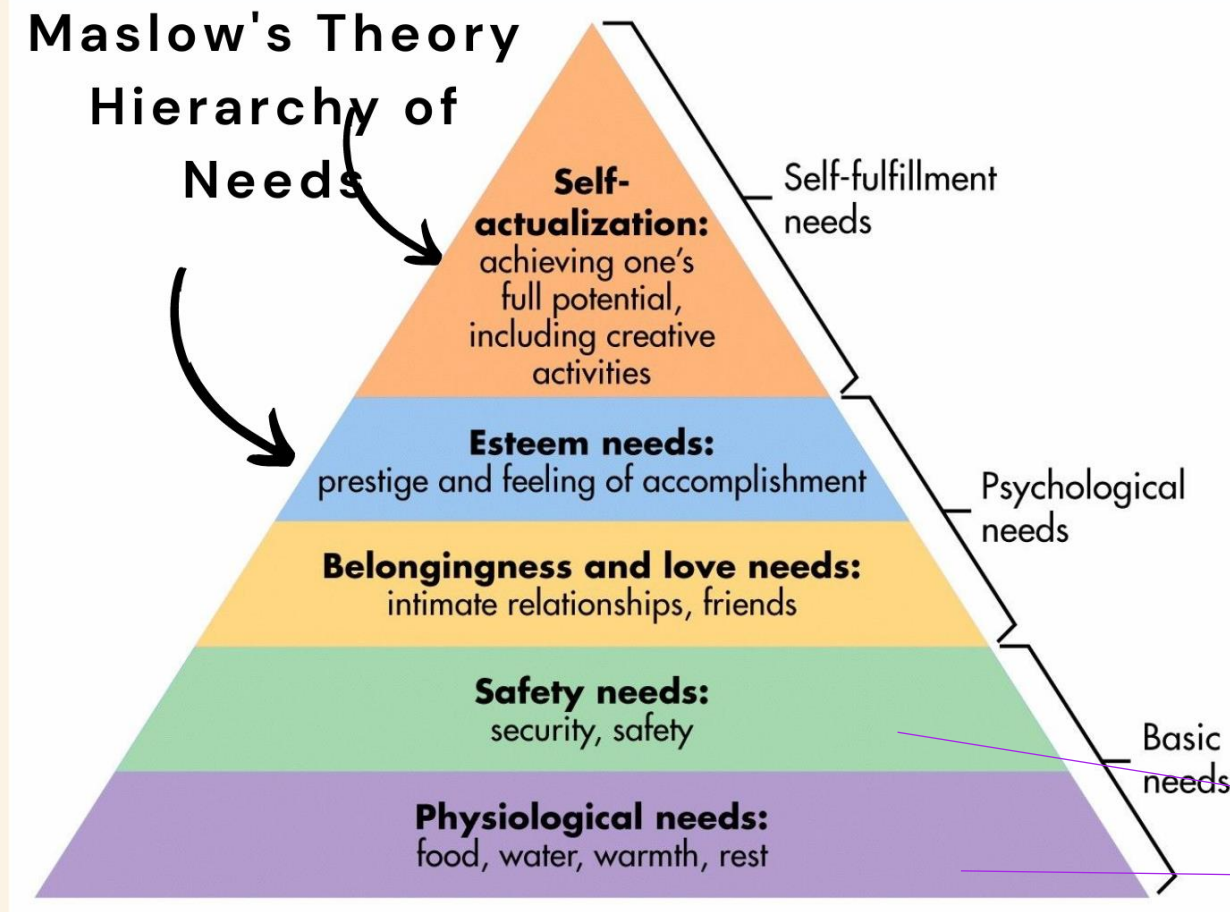
What gives you a sense of accomplishment?

What makes you feel a sense of belonging?

What do you need to feel safe?

What are your psychological
needs?

Key to maintaining motivation and independent learning is self-actualisation and fulfilling your potential



Back to the idea of creating a comfortable environment for motivation and learning.

- **“Visualisation enables you to design the vision that will occupy your mind, ensuring that the greatest pull on you is your future—a compelling, exciting, and limitless future.”**
— Hal Elrod, [The Miracle Morning:](#)

Thank You !

Academic Support Live Links

Room: T122A (in the LCC library)

Email: academicsupport@lcc.arts.ac.uk

Academic Support Online (ASO):

<https://academicsupportonline.arts.ac.uk>

Academic Support Online (ASO) LCC:

<https://academicsupportonline.arts.ac.uk/directory/academic-support-london-college-communication>

Togetherall

- All UAL students can join Togetherall, a safe online community for you to share what's on your mind and get 24/7 mental health support.
 - Peer to peer emotional support and guidance
 - Completely anonymous
 - Online resources such as self-assessments, guides and journaling tools
 - Courses
 - Moderated by medical professionals
 - <https://togetherall.com/en-gb>

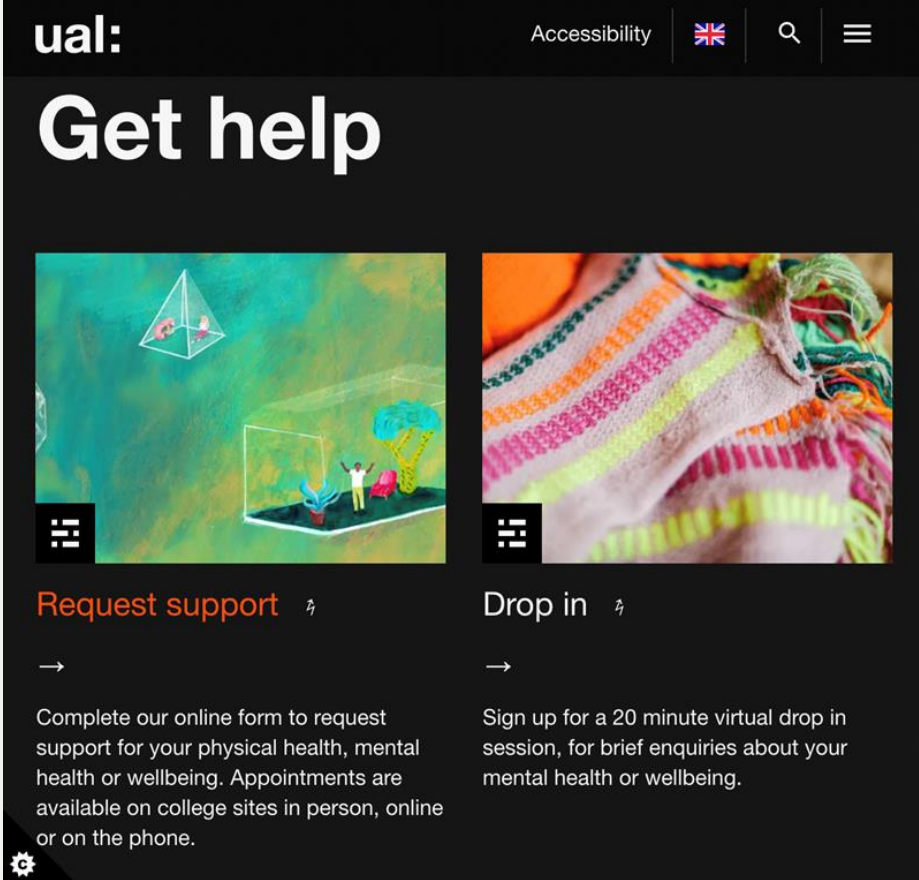
Counselling and health advice: 1-2-1

- You can access support for your physical health, mental health or wellbeing. Appointments are available on-site, online, and via the phone.

<https://forms.arts.ac.uk/counselling-and-health-advice-request/>

- If you are specifically concerned about your mental health or wellbeing and you would like a brief conversation, you can book a 20-minute online drop-in with an advisor.

<https://outlook.office365.com/owa/calendar/MentalHealthDropin@artslondon.onmicrosoft.com/bookings/>



The screenshot shows the 'ual: Get help' webpage. At the top, there is a navigation bar with 'ual:', 'Accessibility', a UK flag, a search icon, and a menu icon. The main heading is 'Get help'. Below this, there are two columns. The left column features an abstract illustration of a person inside a transparent box with a pyramid above it, and a button labeled 'Request support' with a right arrow. Below the button, text states: 'Complete our online form to request support for your physical health, mental health or wellbeing. Appointments are available on college sites in person, online or on the phone.' The right column features an abstract illustration of a person's head and shoulders with colorful, knitted patterns, and a button labeled 'Drop in' with a right arrow. Below the button, text states: 'Sign up for a 20 minute virtual drop in session, for brief enquiries about your mental health or wellbeing.'

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Acknowledgements

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