

◆先輩からのアドバイス◆

How to motivate yourself to write from home

For some students, it is not easy to motivate yourself to write whether if it is an assignment, thesis or a research paper. It is even less motivating during this period because everyone is staying home most of the time. Home can be a distracting place to write because we may feel too comfortable and it becomes hard to stay motivated. There are some ways that can motivate you to write at home. Before starting, set yourself a writing goal. For example, set a goal to write a certain pages or number of words per day. Set a deadline as this could motivate you to write before the due date. However, if you're still stuck, do not stress and force yourself to write. Instead, take a break, take a walk around the neighbourhood and breathe in some fresh air. This helps to clear your mind and you might feel inspired to write again. Do not stress about the grammar and focus on the story you are trying to convey. You can always go back and edit later. Working out also helps as it keeps the blood pumping and increase the productivity of endorphins in the brain. Listening to music while writing may also help with motivation and productivity. If none of these help, try switching your writing space to a different environment, like your balcony or a different corner of your apartment. The different environment may help you focus and divert you from any distractions. If you do not like to write alone, try video calling a friend and write together. This makes writing more fun and also help to motivate each other. However, all these methods may not help if you only start writing at the last minute. Always start early so you have plenty of time.

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