

# Coping with Independent Work

Coping with independent work can be challenging, especially if you're not sure what you're expected to do or if you're struggling to stay motivated. Here are some tips and tricks that could help boost your motivation and your ability to work independently!

## Tip 1 – Set goals and develop a plan for learning

Set goals for each of your subjects, and think about what steps you can take that will help you to achieve these goals. To do this, you will need to think about what you are aiming to achieve in each subject. By doing this, it will help you to understand what you may need to do to reach your goal, for example, whether you need to spend more time on a particular topic. These goals will help you to direct your focus and stay motivated!

Making your goals public can also help to boost your motivation. For example, telling a friend that you're aiming to complete five past papers this week is like you're making a promise to keep your word! Once your tasks seem easier, try setting bigger challenges, as this may help to build your confidence.

## Tip 2 – Plot your progress

Create a visual representation of how you are going to reach the goal that you have set e.g., through creating a spider diagram, schedule etc. Seeing the evidence of your progress will improve your motivation to complete the rest of the work you have. To stay motivated, you can also try giving yourself a reward after you complete a task or reach a goal!

## Tip 3 – Group work

Another way to stay motivated with your independent work is by asking people in your class to work with you. Even though this resource is all about independent work, working with others can give you a better understanding of the subject that you are learning, and can help you to learn new techniques for remembering information. Not only will this help you, but it will help other people as well.

Another way you can stay motivated is through a one-to-one with a teacher. It can go a long way, especially if you are struggling with a subject; they can guide you and give you advice on what to do.

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## Tip 4 – Taking Breaks

Taking breaks throughout the day can help make you feel less overwhelmed with the workload; it gives your brain time to relax. There are also many benefits to taking breaks; it can reduce your stress so that you don't feel as overwhelmed with the work you have. It can also help you with relaxing; you can have a lot of pressure put on you throughout the day so taking breaks can help to calm your mind.

If you are feeling overwhelmed with the amount of work you have whilst you are taking your breaks, try practising mindfulness, yoga or light exercising – these techniques can all help to reduce stress!

If you would like further support, please email [support@teenagehelpline.org.uk](mailto:support@teenagehelpline.org.uk)



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