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Career Guide E-Book



How to stay motivated during school?

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Introduction

Gain valuable tips and insights for navigating life during and after school

How does it work?

Here at CareerView, we receive numerous career-related questions from students across the country who are in need of practical and relatable advice. We carefully analyse each question and compile the most frequently asked ones.

We present these frequently asked questions to our network of Young Professionals across different career paths, industries, and cultural backgrounds, who generously share their real experiences of schooling and early professional life, to give you the best advice.



Featured Question

Most frequently asked question by students

**How to stay
motivated
during school?**



Advice from Young Professionals

How to stay motivated during school?



Zane Jones
Engineer

Find a passion for what interests you and pursue the journey/pre requisites that lead to that. Picture the end goal in sight and know that the stress and struggle is temporary and will be worth it in the long run.

Surrounding yourself with the right people to keep you on track. I'm socially motivated, so I know if my friends are studying, that will make me study more. That's why I spent 70% of my time at the library.



Jessica Chia
Analyst



Darren Sweeney
Accountant

Think long-term. Hard work always pays off down the track, and you'll be glad you put in the hours of study when you start to put things into practice.

Find study buddies that can keep you company and motivated. If tasks seem too big and overwhelming, break them down into smaller and more achievable tasks, each with their own deadline.



Hannah Nichol
Consultant

Advice from Young Professionals

How to stay motivated during school?



Logan Dongray
Architect

“It is important to keep your goals and future career ambitions in mind. Setting manageable goals that you can achieve one at a time is a great way to maintain motivation. Secondly, focusing on your strengths and interests can be incredibly helpful. Identifying what you're good at and what you enjoy doing can help you stay engaged and motivated in your studies.”

“Get enough sleep and have a balanced diet, while avoiding excessive screen time, especially on your phone before bed. I also believe it's important not to feel pressured to say "yes" and commit to everything. Our lives are constantly busy, and at times, we must say no to certain things and prioritise rest to prevent experiencing burnout.”



Julia Tana
Legal Assistant



Jason Wong
Physiotherapist

“I found that shadowing various professionals in their respective fields helped me gain direction and provided insight into what life could be like in those fields. This experience greatly motivated me to continue my studies and guided me in choosing the right career pathways during school.”

Advice from Young Professionals

How to stay motivated during school?



Vanessa Liew
Consultant

“Write your goals down and place them somewhere visible. For me, it was the bathroom mirror! Also try surround yourself with peers who share similar goals and support each other in achieving them.”

“Approach learning with curiosity. For example, if you're studying science - read about what new research and technologies are being developed in the world. When you find passion and intrinsic motivation, learning becomes less of a chore.”



Usaid Rana
Engineer



Zac Werner
Actuary

“Make sure you're working towards a specific goal. Studying to make your family proud or because you think a qualification sounds impressive is not enough!”

“Surround yourself with friends who are motivated to excel. What helped boost my own motivation was organising regular group study sessions with people who are both productive and enjoy socialising.”



Holly Thong
Speech Pathologist

Advice from Young Professionals

How to stay motivated during school?



Sam Skuthorp
Actor

“If you choose subjects you enjoy, half the work is done! It’s easier to be motivated in things that you are actually interested in. Some pathways or higher learning need you to ‘tick a box’ by studying a particular subject. That’s okay. If this subject isn’t your favourite, that is also okay. Acknowledge that. Find ways to stay motivated in that class or work.”

“The best motivation for me was to explore extra curricular activities and try as many things as I could. Exposing yourself to varied opportunities and different cultures or people will open your mind to the world. Knowing all the options may seem overwhelming but can also help you take practical steps and set goals that actually excite you.”



Naomi Crosby
Dietitian



Joshua Bell
Geologist

“There's no ‘one magic way’ to stay motivated, whether you're in school, at work, or at home, and most people will struggle with it from time to time throughout their whole lives. I would say the first thing you can do to make it easier on yourself, is to start by making sure you're getting enough sleep, and eat a good breakfast. That always helped me!”

Advice from Young Professionals

How to stay motivated during school?



Tammy Lee
Embryologist

“ I always suggest to study with your friends and learn together. If you get stuck or want help to consolidate your learning, attend after-school classes if your school offers them. YouTube is also a great resource for visual learners. ”

“ Goal setting is crucial! Take some time alone or with your mentors to understand what your goals are. This way, you'll have something to look forward to in the near future and can keep you motivated. ”



Sam Fatovich
Nurse



Steph Di Giovanni
Psychologist

“ I found that rewarding myself with something enjoyable after a study session (e.g. calling a friend, eating something nice, or going out) helped me avoid getting too overwhelmed and kept me motivated. ”

“ Its so important to connect with likeminded people. It is much easier to stay motivated and do well in school when you surround yourself with those who want to achieve the same goals. ”



Peter Wu
Digital Marketing

Advice from Young Professionals

How to stay motivated during school?



Nagham Saleh
Consultant

“What comes after school is such a massive part of your life that you don’t realise! Your attitude towards your work during school, lays such an important foundation for the person you can become. So, while school feels like a few short years of your life, the work you put in will massively help you become the person that will achieve what’s in store for you.”

“It's important to find a balance at school between putting in the right amount of hard work to achieve your goals and making time for yourself to relax. If you're feeling unproductive or struggling with something, take a walk, meet up with a friend, socialise, engage in some exercise, and return to it when you're in a better state of mind.”



Josh Di Grandi
Engineer



Lara Urosevic
Geologist

“Find things or subjects that interest you, and try not to overload yourself. So much emphasis is put on high school, but there are so many pathways you can take if things don’t go 100% the way you want it to. Also surrounding yourself with motivated people does wonders for your personal motivation.”

Advice from Young Professionals

How to stay motivated during school?



Jordan Randazzo
Social Worker

“Have a 'to-do list' so you can stay on top of work! Falling behind quickly becomes a snowball effect where workload rises, stress rises and motivation drops, so have a 'to-do list' and stick to it.”

“Find a study method that works for you! I found learning using palm cards and then rewarding myself after every set that I learnt, was a great way for me to stay motivated with difficult subjects!”



Stephanie Munro
Engineer



Andrew Korol
Pilot

“Just think of the future and what succeeding now will set you up for. There are plenty of other opportunities outside of school, even if you feel you don't get your desired mark.”

“Take it easy, don't put too much stress on the little things. Enjoy the journey and don't be afraid of making mistakes! This mindset helps a lot!”



Mishna Nagda
Sound Specialist

Advice from Young Professionals

How to stay motivated during school?



Sam Devine
Architect

“Self motivation and understanding the long term importance of something you’re working on or towards is critical. Selecting a course which you are passionate about makes this far easier and in general, more enjoyable. Secondly, a strict routine is essential. Treat studying like a full time job with dedicated hours for working.”

“I've definitely struggled with procrastinating and finding motivation in the past. I would say it's less about motivation and more about getting yourself into good habits. It's much easier to stick with a habit than trying to consistently find the motivation to study. One tip I found really helpful is to block out focus time for specific tasks in hour slots!”



Georgia Parentich
Digital Marketing



Jack Separovic
Engineer

“It took me a long time find motivation to study while I was in high school, and some days there just is no motivation to drive you. I found that sticking to a routine that was maintainable and achievable provided me the focus to keep studying consistently.”

Advice from Young Professionals

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Vatsla Triverdi
Marketing Specialist

“Create a healthy schedule that incorporates a balance between studying and engaging in activities that recharge and rejuvenate you. Also another options is to find a frenemy! Someone who can provide healthy competition and push you to strive for excellence. Embrace the friendly rivalry and use it as a motivating force to push you forward.”

“Remember that where you're going is more important than the temporary pain of school and exams. The effort you put in will help you down the line. ATAR isn't everything and it just depends on what you think you might want to get into and do. There's always room to re-invent yourself.”



Claudio Pizzirani
Engineer




Sophie Lowe
Speech Pathologist


“Choose subjects you enjoy! Doing so certainly helped me during school. If you're unsure about your career path after high school, the subjects you love can provide valuable guidance. They can play a significant role in shaping your future choices and interests.”

More resources

Access free career aid resources

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Career Advice Podcast: Listen to Young Professionals share their personal experiences and advice to frequently asked questions. [Click Here!](#) 

Young Professional Network: connect through the Young Professional Network and submit career-related questions to Young Professionals, receiving candid advice and valuable tips. [Click Here!](#) 





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for further
inquiries**



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