

# Finding Motivation & Getting Work Done: Accessing Your Inner Hero



**The Plymouth State University Counseling Center**  
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# Overview

- Hero's journey
- Knowing your why
- Getting yourself and your environment ready
- Time management
- Behavioral techniques
- Knowing your PSU resources
- PSU Counseling Center services

# Hero's Journey

- Think of your favorite movie or book that involves a hero
  - Maybe it involves a superhero, jedi, athlete, historical figure

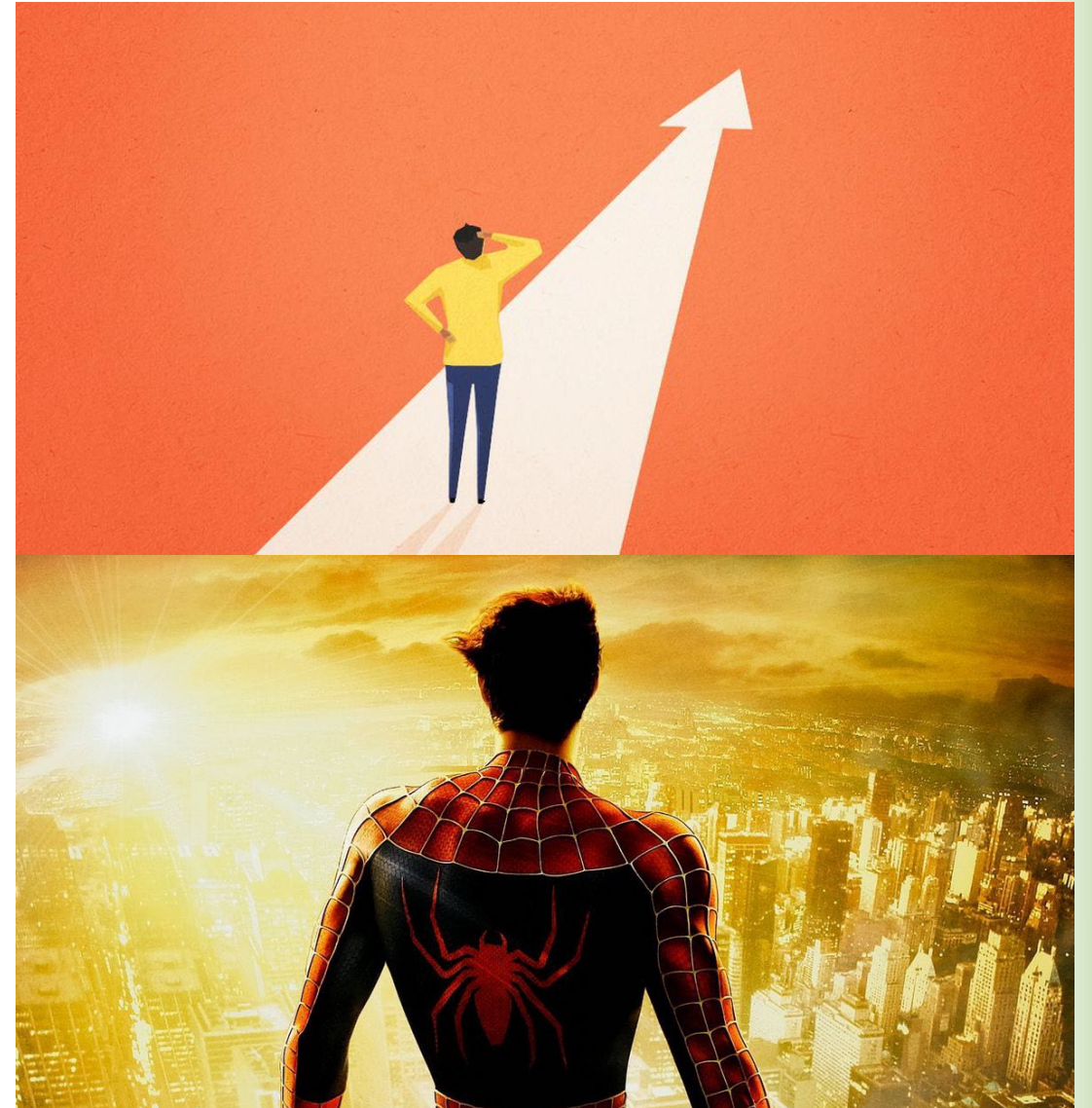


# Hero's Journey

- The journey of that hero was likely not the following:
  - “There once was a hero, they faced no challenges, they lived happily ever after, learned nothing, and did not grow.”
- The journey of the heroes involves challenges, struggles, times of doubt, times of questioning, times of suffering, times of fear/anxiety, times of sadness, times of wanting to give up trying, or so on.
  - The hero then works through these challenges, doing what aligns with their values and goals anyway. They do this with fear, with sadness, with grief, with struggle, etc.
- We can learn and grow the most through challenges
  - You get out of it what you choose to put into it
  - 90/10 Rule
- All of you are heroes
  - Think of all you have accomplished and overcome to be here in college

# Knowing Your Why: The Hero's Purpose

- What makes this assignment/class/college experience important to you?
- Possible Whys
  - Value future career
  - Value learning
  - Value grades
  - Value financial incentive
  - First member of family to go to college
- Important to remind yourself how this piece you're working on translates to your values and goals
- Think back to your favorite heroes



What might your why be?

Please write this down for yourself, for your own reference later.

Any thoughts, suggestions, or questions you would like to share?

# Dress for Success: Suit Up



<https://www.youtube.com/watch?v=FQyxKzuRT9Q>

- Wear what helps you access the best version of yourself
  - What can you wear that helps remind you of the following?
    - Intelligence
    - Persistence
    - Strength
- It may be harder to get work done in pajamas
  - Brain associates that with relaxation/sleep
- If your class is remote or via Zoom, leave your camera on
  - Helps you in staying accountable

# Get to the Right Environment

## Find Your Avengers Tower, Batcave, or Jedi Temple

- Limit Distractions
  - Turn off phone
  - Turn off Wi-Fi/internet if you don't need it for work
  - Study buddies vs alone
  - Music vs no music
- Go to library vs stay in room
  - Try not to work in your bed
- Figure out what you need to stay focused





How might you get yourself and your environment ready?

Please write this down for yourself, for your own reference later.

Any thoughts, suggestions, or questions you would like to share?

# Time Management Summary: Preparation is Batman's Superpower



- Make a To-Do List
- Schedule
- Break Work into parts
- System of Rewards



# Make a To-Do List



- Prioritize your tasks
  - By due date
  - By quickest tasks
    - Can complete quickly and give peace of mind
  - By importance to you
- Start with One thing
- One step at a time
- Cross out tasks when done
  - Very rewarding/reinforcing

# Schedule

- Helps you keep yourself accountable to your goals by adding structure
  - Makes it harder to procrastinate
- Reduces stress as it helps you see how you can fit everything in



# Schedule

A blank weekly schedule grid with four columns labeled Monday, Tuesday, Wednesday, and Thursday. The grid consists of 6 rows and 4 columns of empty boxes for scheduling. At the bottom of the grid, there is a small copyright notice: © Richard D. Spaulding, M.Ed. & K. Lee G. M.

Monday	Tuesday	Wednesday	Thursday

- Consider getting or making a planner
- Things to schedule
  - Meals
  - Sleep- important for learning
  - Classes
  - Homework/Studying
  - Self-care (e.g. exercise, time with friends, clubs/groups)
- Add buffer time
  - 15 minutes
- Don't cram or leave for the night before
  - Spread out over time

How might you use to-do lists and schedule your tasks?

Please write this down for yourself, for your own reference later.

Any thoughts, suggestions, or questions you would like to share?

# Break Work Into Parts

## The Way to Get to Mordor and Climb Mt. Doom

- Easy to get overwhelmed with large tasks
- Picture it like climbing a mountain (Mt. Doom)
  - More overwhelming when you try to climb the mountain while looking at the peak
  - Try to focus on the steps immediately in front of you
  - Every journey is just a series of steps put together





# Break Work into Parts

- Example: Writing a Paper
  - Research
  - Outline Paper Sections
  - Write Introduction
  - Write Body section 1
  - Write Body section 2
  - Write Body section 3
  - Write Conclusion



# Have a System of Rewards



- Reward yourself for the parts you complete
- Not distractions
- Not avoidance
- Examples
  - Once you finish half of your paper, go for a 10 minute walk
  - Once you do all your flash cards correctly, watch a 10 minute YouTube video

How might you break your work into parts and reward yourself for the parts you complete?

Any thoughts, suggestions, or questions?

# Letting Go of Perfectionism

- Let go of perfectionism
- All we can do is the best we can with what we have at the time
  - Our best is limited by our resources, including time
- Sometimes good, is good enough
- Get it done
- Anyone see Man of Steel?
  - Even Superman is imperfect and has challenges



How might you let go of perfectionism? What strategies might you use?

Any thoughts, suggestions, or questions?

# Avengers Assemble...Your PSU Resources



- No one can do everything by themselves. We are human.
- We all have strengths and we all have challenges.
- It takes courage and is heroic to ask for help.
- Possible Academic Avengers to call upon:
  - Lamson Library
  - Plymouth Academic Support Services (PASS)
  - Writing Center
  - Campus Accessibility Services
  - Academic & Career Advising Center
  - Your Advisor

[Avengers Endgame | 'Avengers Assemble' Scenes - IMAX 4K - YouTube](#)

How do I find resources?  
Or who do I shine the  
batsignal?



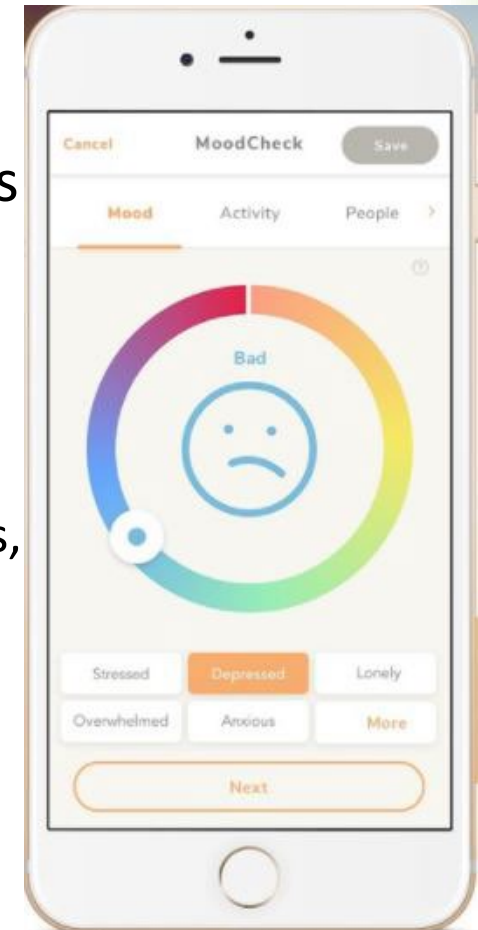
You can try the  
WellTrack Boost app



**welltrack**  
**boost**

# WellTrack Boost app

- PSU students have free access to WellTrack Boost app, an interactive self-help therapy app.
- Students can simply download the WellTrack Boost app and register with their Plymouth.edu email address for free access
- Provides a wellness/mental health self-assessment
- Provides various self-help therapy tools
  - (i.e. Courses/videos on mental health, mood check, Zen room, thought diary, information on cognitive distortions, fun achievements, activity scheduler)
- Provides important referral information to various PSU and community resources for various challenges students might face
  - (i.e. Academic, Community involvement/making connections, Financial, Health and wellness, Addiction, Safety and security, Sexual violence, Career support)







# welltrack boost

## Interactive Self-Help Therapy

Join the community of over 1,000,000 students who have access to Welltrack Boost.

Register for a Boost account to explore self-help videos and tools at your own pace.



Deal with anxiety, depression and stress



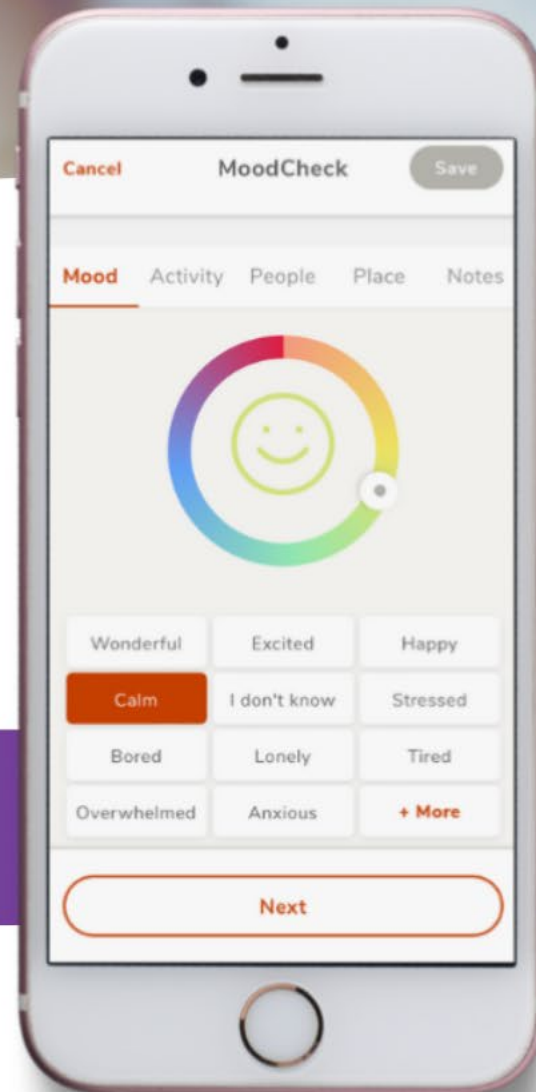
Monitor your mood



Assess your mental health



Connect with campus resources



Download the WellTrack app and register with your Plymouth.edu email address



boost@welltrack.com



# Counseling Center Services

- Brief Treatment Model
  - Goal focused and skill building focused
- Direct Services
  - Group Counseling
  - Brief Individual Counseling
  - Substance Use Evaluations and Counseling
  - 24 Hour/ 7 Day Emergency on Call System
  - Consultation Services and Outreach Services
  - Coordinate with Health Services and Other Departments as needed, on and off campus



# Counseling Center Services Continued

- Services Free to PSU students
  - Exception- mandated drug and alcohol evaluations
- Services are Confidential
  - Some limitations related to threats of safety to self and others
  - Limitations would be reviewed with you at your first meeting



# Counseling Center Hours, Phone, and Website

- Hours
  - Monday-Friday 8am-12pm; 1pm-4pm
- Phone Number
  - 603-535-2461
- Website
  - [campus.plymouth.edu/counseling](http://campus.plymouth.edu/counseling)
  - Or Google "Plymouth State Counseling Center"



Any questions about Counseling Center services you would like to share?

# What We Accomplished

- Hero's journey
- Knowing your why
- Getting yourself and your environment ready
- Time management
- Behavioral techniques
- Knowing your PSU resources
- PSU Counseling Center services
- Now- one more thing to end on...

# Ending Exercise

## You Are All Heroes- Time to Pose



[https://www.youtube.com/watch?v=e9vrfEoc8\\_g](https://www.youtube.com/watch?v=e9vrfEoc8_g)

Thank You!

Keep working on your goals, one day at a time, just for today.

Please be kind to yourselves and each other.



# References

- Time Management Tips- Therapist Aid LLC (2016); TherapistAid.com
- Just Do It- The American Psychological Association (2020); <https://www.apa.org/gradpsych/2010/01/do-it>