Use goals and targets to motivate yourself, and others around you. Having specific targets, goals and deadlines can improve motivation (Latham and Locke, 1979). Consider setting goals in the morning, and checking at the end of the day, if you have achieved these goals (Cox, 2020). You may find it useful to use the SET Professional Standards Self-Analysis Tool, to evaluate into which areas you may wish to focus more efforts on, in terms of your practice and professional upskilling.

Subject-specific enthusiasm can have a positive impact on student performance (Mahler, Großschedl and Harms, 2018). If your enthusiasm is lacking at this time of year, consider completing an ETF Industry Insights placement, to get out into the workplace, develop your skills and increase your knowledge by undertaking placements within industry



