



Student Guidance: Motivation & Burnout

Everyone feels unmotivated sometimes, but when you feel constantly drained or disconnected from school, it might be a sign you need to reset rather than push harder.

Motivation is not about forcing yourself to work all the time. When you have been under pressure for a while, your energy can dip and things that used to feel manageable may start to feel heavy. Learning to spot the difference between normal tiredness and burnout helps you take the right steps to recover.

Spotting the signs

- Feeling constantly tired, even after resting
- Losing interest in work you normally manage
- Finding small tasks unusually difficult
- Feeling frustrated or detached

Tired or burnt out?

- Tiredness usually improves with sleep
- Burnout can feel longer-lasting and emotional
- Pushing harder does not always fix burnout

Set realistic goals

- Break goals into weekly or daily targets
- Celebrate effort, not just results
- Accept that not every day will feel productive

Ask for help

If you're feeling overwhelmed and need to talk:

- Speak to your college pastoral team
- Visit Kooth.com

Rebuilding motivation

- Start with one small, achievable task
- Lower the pressure and focus on progress
- Use short work sessions instead of long study blocks

Finding balance

- Make time for rest and things you enjoy
- Keep routines steady but flexible
- Avoid comparing your pace to others