

How to return love for study?

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I was often asked by this question, but I realized that I was stupid to give someone advice, because every student himself chooses a way to exit their depression. Man is, first of all, individuality, therefore, which acts on some, does not help others.

But I still decided to push the students lost in himself on a certain way of truth, and to give them a unique opportunity to get a diploma of higher education. So it is not worth the reader, ignore these tips.

1. If the student feels that his head boils from new knowledge gained in unlimited quantity, it's time to say "stop", while allergic has not appeared. It is recommended to take a break, relax, after which with new forces and fresh heads to plunge into the world of science and reference literature. Such small breaks allow for a time to forget about study, and therefore - they will not cause it one day apathy and even a sense of deep disgust.

2. When a feeling of "illness" from study appears, it is time to change the situation, and the weekend is not for the abstracts, and in the circle of friends or in nature, for example. Such changes in the usual routine allow you to be distracted from the walls of the university and dull items, but the memories of a pleasantly spent time will then inspire the most unexpected deeds. Among them, the desire to get a red diploma or pass the session only for excellent marks.

3. To put yourself a new goal. This is necessary so that the study does not cause boredom, but, on the contrary, it was a "stimulator" of Azart and desire to learn something new. So why not offer to the teacher to organize another scientific project to show yourself, and not to die from boredom?

Such salvation from Handra helps to gain a new stimulus to excellent students, but mediocre students can, on the contrary, to make a sense of deep depression and significantly worsening performance. So use this method is recommended only if you are confident in your mental abilities.

4. Many students return the desire to learn helps, oddly enough, love. Indeed, this bright feeling is painted and inspired on feats, so immediately want to live, create and receive new knowledge in its specialty. So why not combine pleasant with useful, especially since learning remains very long - a maximum of five years.

5. You can always change your choice. If the student unexpectedly understood that he had chosen the specialty, then it is not necessary to torment himself meaningless lectures and knowledge that only Handra and complete disappointment will be frustrated in life.

It is necessary to understand yourself, and after making a fateful step in favor of future

self-realization and change the mistakenly selected specialty. It is not necessary to think that this is impossible, because real wonders can work in universities, you just need to go to the dean and find the main wizard.

So now it is obvious that everything is not as bad as it may seem at first glance. The main thing is to find a way out for yourself, which will help you to remember, for which this long path in length is five (maximum six) years.

Tips for student

If one day there was a desire to learn at the university, then you should not "cut off from the shoulder", and it is advisable to understand yourself. To do this, go to the hospital, sleep and change the situation, taking your thoughts. Decisions to take only conscious and in a light head, because a minute weakness can be a fatal mistake in fate.

In addition, it will not hurt to consult with senior comrades who have experienced such a depressive situation during the educational process. Perhaps not everything is so bad, but the experience of "experienced" will necessarily help return to the rut.

You can also discuss your problem with the curator, because this particular person is not indifferent to your fate.

As a rule, competent teachers not only take their subject canceled, but also are subtle psychologists. This is how it is worth using, the main thing is to choose a convenient time for the conversation.

And last: about his Handre will not prevent caring parents, perhaps they will give a good advice and will help you find a way out of the established unpleasant situation. If the thought: "I do not want to learn: what to do?" It does not leave, it is possible that in his life it's time to change something.

However, before making radical measures, it is worth paying attention to the above proposed recommendations and for their peace of mind to experience them in practice.