

BUILDING AN EFFECTIVE REWARD SYSTEM

Motivating yourself to change your study habits is a process. That is why rewards for this change should start small and end big. Plan for a variety of short-range, mid-range, long-range and maintenance rewards along the way.

Let's say you want to get an A on your next Biology exam. Here's what your reward program might look like:

- A short-range goal would be a daily hour long chapter review; the matching reward, a guilt-free half hour of TV.
- A mid-range goal would be a week of daily study time; the matching mid-range reward, a trip to the movies or a night out with friends.
- When you reach your goal of getting an A on your exam, it's time for a long-range reward; take a weekend trip with friends somewhere fun and exciting, or buy yourself something nice!
- Maintenance rewards follow a similar path. Reward yourself at determined intervals for maintaining good study habits.

Don't neglect the intrinsic rewards inherent with an achievement. You got an A on your exam, and now you understand the material and have an A average in the course. Write down how you feel, treasure the positive experience, and connect it to the behavior change.

Goal _____ Deadline _____

Short-Range Goal _____

Short-Range Reward _____

Mid-Range-Goal _____

Mid-Range Reward _____

Long-Range Reward _____

How do you feel now that this goal is accomplished?

How will you continue to reward yourself for maintaining this behavior change?

Some material adapted from valueoptions.com