



MOTIVATIONAL THOUGHTS

TO HELP YOU FINISH

YOUR DISSERTATION



**A lifetime membership in the
DOCTOR'S CLUB**

**can only be earned by
completing a dissertation.**

**But the dissertation process
can be challenging,
so it's easy to become discouraged.**

Every dissertation encounters
BARRIERS
you cannot control.

When you find these barriers
OVERWHELMING,
keep the following thoughts
in mind.



**You are smart enough if you
made it this far, so it is
self-defeating to quit now.**



**Your Committee Members
want you to finish and succeed.
They agreed to work with you
because they believe in you.**



You really do know what you are doing.

Even though you've never written a dissertation before, you have probably written five separate papers that have all the elements of a dissertation, which hopefully makes it feel less daunting.



**You will get through
these barriers and
will have them as future
learning experiences.**



**You will have
this degree forever;
you just have to get it.**

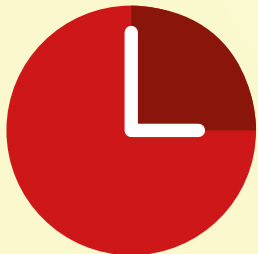


Writing and research skills can be developed just like bicep muscles—both can be made stronger with the right conditioning.



**You are only burned-out
because you were really
ON FIRE!**

**“If you are having trouble
getting your thesis on paper,
start by writing for just
15 MINUTES EVERY DAY.
Even if you complete just a few
sentences at the end of
15 minutes, it will add up.”**

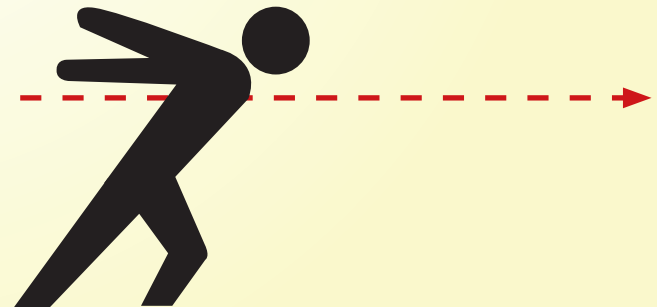


-Dr. John (Jack) D. Mayer
Department of Psychology
University of New Hampshire

**A dissertation is no different
than any other big goal.
You've made it this far.**

DON'T STOP NOW

regardless of your frustration level.



**Learn how to successfully navigate
the dissertation process.**

bit.ly/FinishYourDissertation

