

Motivational *tips*

Students are more motivated to engage in an activity when the purpose behind accomplishing the given task is clear, and successful results are valued by the students and their families.



Environment

A positive mindset and a supportive atmosphere for learning is essential to motivation.

- Students need:
 - To believe that they can succeed.
 - An incentive to complete the task.
 - A sense that their efforts are connected to results.
 - A connection to a group of people who reward success.
- Create an atmosphere that encourages learning:
 - Model and demonstrate a desire to learn.
 - Encourage and model curiosity.
 - Read to young children and alongside older children.
 - Promote a problem-solving attitude.
 - Encourage physical activity into the learning process.
 - Provide unique learning experiences by exploring new topics or places together.
 - Express appreciation when your student demonstrates a responsible attitude or actions towards learning.
 - Ask the student to explain what was learned.
 - Celebrate learning and progress.

Using Rewards

Earning rewards can be motivating for some students. Here are some tips and points to consider when you are planning rewards for your student:

- Focus on a specific skill. Motivation is increased when a specific skill or behavior is the focus.
- Decide when a reward will be provided. Providing rewards incrementally is more effective than waiting to reward students after learning a long series of skills.
- Break the skill down into manageable tasks. Students must believe they can successfully learn the skill.
- Check for understanding. Students must understand what they are being asked to do.
- The reward can be tangible or intangible such as verbal affirmation.
- Rewards do have to be given in a timely manner.
- Delivering rewards by a significant person is more effective.

continued

Goals

Setting goals can be motivating for some students. Goals:

- Can help students begin a task and persist until the task is complete.
- Are effective when the focus is on increasing understanding, knowledge, or skills.
- Are effective when the goals are specific and short-term.

Here are some tips and points to consider when you are setting goals alongside your student.

- Goals should be challenging but attainable.
- Goals should be focused on increasing previously-learned skills.
- Goals should be created by the student or with his/her input.
- Goals are more effective if they are supported by the people the student respects.
- Goals are motivating when the student knows the steps to take to achieve the goal. List the clear, understandable steps to accomplish the goal.
- Goals are more motivating when progress towards the goal is monitored. In what way(s) can you monitor your student's progress towards achieving the goal?

