

Motivational Tips Guide

TIP 1: Put the student first. #1

- Be an active listener.
- Keep an open mind.
- Let student speak as long as necessary. Don't interrupt.



TIP 2: Show you understand.

- Make sure student feels heard.
- Ask follow-up questions to show your understanding.
- Try to remain neutral.
- Keep opinions to yourself to avoid influencing/invalidating student.

TIP 3: Stay positive. 😊

- Try to maintain a positive demeanor.
- Ensure student doesn't focus solely on the perceived issue.
- Be mindful of your body language (smile often).
- Be encouraging.



TIP 4: Weigh the issue.

- Establish a 1 to 10 scale for the severity of the issue.

1
minor issue that is resolved in a short time

10
major problem that impacts productivity

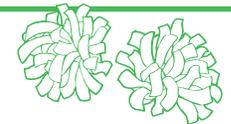
TIP 5: Work as a team.

- Collaborate with student to brainstorm solutions (i.e., take a short break or call teacher/counselor for mediation).
- Is this issue similar to any previous issues? What was the solution then?
- Create a list of possible solutions.
- Honor any reasonable requests student may have (i.e., giving student time to think or write down ideas).
- Decide how to further inspire student.



TIP 6: Be your student's cheerleader. 🎉

- Review the list of solutions with student.
- Avoid negative language (can't, don't, won't or shouldn't); focus on how solutions will improve situation.
- Be enthusiastic.
- Offer incentives to reward student for a positive attitude.



TIP 7: Set and achieve goals.

- Set a course of action.
- Support student in executing new plan.
- Let the student take the lead.



TIP 8: Instill confidence. 👍

- Remind student of accomplishments, past and present, to build confidence.
- Offer insight on the problem from personal experience.
- Set a time frame for the solution. Review issue again at a later date to evaluate effectiveness.



TIP 9: Do it!

- Review results.
- Ask student if they see any improvement.
- Ask student to reevaluate the problem on the 1 to 10 scale. Celebrate changes!
- Determine if student reached goal and emphasize plan and supported success.
- Discuss preventative measures to reduce or eliminate similar stress in future.
- Restart process if desired result wasn't achieved.

