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 themselves and their families.

A positive mindset and a supportive atmosphere for learning are 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
- **to know what they need to do, why it's important, and how they will achieve it.**

Tips for fostering motivation:

- **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 in the learning process.
  - Provide unique learning experiences by exploring new topics or places together.
  - Express appreciation for anytime they demonstrate a responsible attitude or actions toward learning. Comment specifically and positively about actions that show initiative.
  - 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're planning rewards for your student:

- Focus on a specific behavior or 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.

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- Check for understanding by asking the student questions about the topic. Students must understand what they are being asked to do.
- The reward can be tangible or intangible, such as verbal affirmation.
- Rewards should be given in a timely manner.
- Delivering rewards by a significant person is more effective.

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, or long term and provide a link between day-to-day activities and achieving that long-term goal.

Here are some tips and points to consider when you're 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 their input.
- Goals are more effective if they are supported by the people the student respects. Tell a close family member or someone that the student talks to regularly about the goal.
- 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 toward the goal is tracked.

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