



Motivating Students: A Parent Resource

Establish 'The Why'



Use current events or media demonstrations to relate the application of knowledge from various academic areas to real-world problems. When learners see that content covered in their schoolwork can help explain how actual, real world problems were created or solved, they can connect the power of academic knowledge and it's potential to affect our lives.

Goal Setting



Encourage learners to set goals on their own toward mastering learning tasks and content. Children will engage in learning tasks by using their own perceived strengths and learning styles thereby resulting in persistence, improved processing and intrinsic motivation.

Promote Autonomy



Be flexible in how your child or student completes learning tasks. Allow learners the opportunities to use self-directed goals and make choices as well as reduce threats and pressures that can extinguish motivation.

Promote Coop Work



Whether paired with another learner, within a group, or in cooperation with you, belongingness can improve work satisfaction and motivation when learning is a shared process.

Reinforce a Growth Mindset



Academic emotions are those that arise in school contexts resulting from students' affective reactions to school tasks. Reinforcing a Growth Mindset will influence students toward learning task mastery when encouraged to "try again", "try another way" and/or ask for feedback.

Recognize & Regulate Emotions



Challenging tasks may result in negative academic emotions (frustration, anger, hopelessness). Encourage students to recognize the physical signs of strong emotions and calm down by taking a break from the task, name the feeling caused by the challenge and use a calming strategy such as belly breathing, counting up or backwards and/or using positive self talk.

Expect & Model Success



Children may not try a task if they aren't expected to succeed. Do not simply "wish" them luck, remind your child of their past successes resulting from effort and strategy. Don't hesitate to provide an example of your own or model how to complete the task.