

Motivation

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Agenda

What is Motivation

Moving on From Failure

Avoid Motivation Killers

Think Positive

Tips for Parents

Resources

What is Motivation?

Our desire to get something done- we must be motivated to accomplish any daily chore, task, or long-term tasks in our life.

Motivation has “ups” and “downs.” Today you may feel very motivated to do an assignment whereas tomorrow it might be more difficult to ramp up your motivation.

So why is motivation so important? It drives us to do what we need to do. When your motivated you can accomplish a task efficiently. When you're on the flip side of things it will be time consuming and difficult due to the lack of drive you have to do the task.

Moving on from Failure



- Failure is one of the main components that disable our motivation because it causes us to naturally feel down, discouraged, and embarrassed.
- A large part of staying motivated is to build resiliency and get back up again.
- For example: Bill used flash cards to study for a test. He studied so hard and ended up failing. He wondered “ what's the point in even studying?”
 - What did he learn? Maybe the flash cards weren't descriptive enough or maybe that's not his best tool.
 - What's our advice? Try a new strategy. Add an extra help session with a teacher.

Avoid Motivation Killers

If you're trying to stay motivated don't let motivation killers get in the way. What are motivation killers? They are major and common distractions that can kill your motivation by guiding your mind and attention towards something else.

- Texting
- Social Media
- Cell phone
- Television
- Internet surfing

Think Positive and Reward Yourself

- Be nice to yourself! If you think negatively about yourself it cannot improve your motivation.
- Positive Self Talk strategies: Turn I cant into I CAN!
- Reward yourself when you do something well or put forth the effort. For example, if you study hard- give yourself time to do something enjoyable and relaxing. If you get an A on a test: treat yourself to something!
- In order to facilitate these thoughts keep a motivational journal to think about your biggest motivational challenges and strategies that can help you (getting enough sleep, eating right, rewards for accomplishing your tasks, being resilient after failure, etc).

Tips for Parents



- ✓ Assign home responsibilities
- ✓ Give choices when it comes to tasks, chores, or assignments
- ✓ Set a schedule at home
- ✓ Talk about the meaning of responsibilities
- ✓ Help support teachers by sending a message to your student that studying and learning are important.
- ✓ Make work come first- reward comes after
- ✓ Talk to your child's teacher if your student is struggling

Resources for Parents and Students

- ❖ <https://www.khanacademy.org/khan-for-educators/resources/parents-mentors-1/helping-your-child/a/how-to-motivate-students-who-are-distance-learning-during-covid>
- ❖ <https://www.middleweb.com/21269/help-your-students-get-into-the-learning-flow/>
- ❖ https://www.edweek.org/tm/articles/2011/04/05/tln_ferlazzo_2.html?tkn=YNUFjbXHmSJSE8herjjFXfAZW8A1Ah/ViklQ&cmp=clp-edweek
- ❖ <https://www.edutopia.org/blog/creating-conditions-for-student-motivation-larry-ferlazzo>
- ❖ **Motivational Journals:** https://www.amazon.com/Dreams-Progress-Affirmations-Gratitude-Greatness/dp/170682212X/ref=sr_1_13?dchild=1&qid=1605280161&refinements=p_27%3AMotivational+Journals&s=books&sr=1-13

“ You are the artist; paint a bright future”

Agora Counseling Department

Time Management:

Learn to affectively manage your time, and get your work completed
on-time!

8 Ways to Help Your Student Take Control of Their Time

1. Make a to-do list DAILY
2. Keep your work with you
3. Don't be afraid to say no
4. Find your productive time
5. Create a dedicated study time
6. Budget your time
7. Don't get sidetracked
8. Get a good night's sleep



Why use a planner?

Gives you a helicopter view of your student's schedule

- One of the first things you want to do is to get an academic planner.
- An academic plan highlights any periods of intense time frames. This lets you know when 'all hands should be on deck.'

In your academic planner put:


- Assignment due dates and exam dates
- Social functions that need to attend, such as a family birthday or regular sporting events.

Electronic and Online Planners

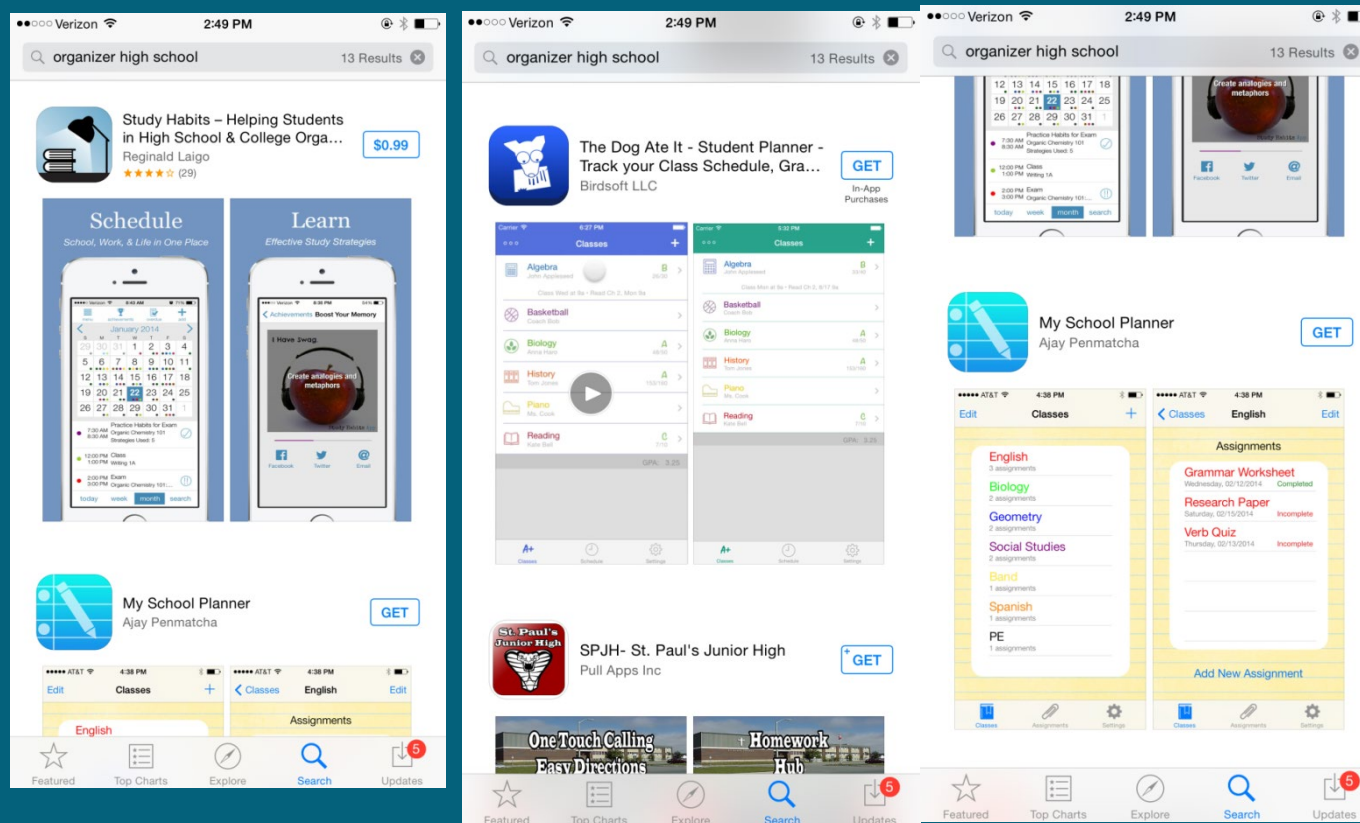
- Timetable
- Planner Plus
- Weekly Planner
- Calendar Z
- My School Planner
- The Dog Ate it- Student Planner
- *Study Habits- Helping Students in High School and College (cost .99 cents).*



Paper Planner

daily docket date: <u>July 14</u>		inspiration: <i>"You don't choose your family. They are God's gift to you, as you are to them."</i> — Desmond Tutu
* today's MITs: 1. <u>pay water bill</u> 2. <u>post office</u> 3. <u>return phone calls</u>		
what's for dinner? <u>enchiladas, rice, & beans</u> (notes): <u>beans in the slow cooker by noon</u>	water: * * * * * food log: * work out: <u>family walk after dinner?</u>	work: * <u>email prospective clients</u> * <u>browse internet for fabric swatches</u> * <u>finish inspiration board for Ms. Fletcher</u> * <u>schedule consultation w/ Ms. Fletcher</u> * *
today's to-do list: * <u>find sitter for next week's date night</u> * <u>get mom's baby gift to the post office</u> * <u>pay water bill</u> * <u>take Jane to ballet class</u> * <u>return calls</u> * <u>organize front closet</u> * <u>call Ellen about PTA meeting</u> * <u>balance the checkbooks</u> * <u>playdate & coffee @ the Brown's</u> * <u>work</u>		today's general plan: * <u>10 am</u> : <u>head to Brown's for playdate & coffee</u> * : <u>post office on the way home</u> * : * : * <u>2 pm</u> : <u>Jane's nap</u> * : <u>make enchiladas & rice</u> * : <u>return calls</u> * : <u>call Ellen</u> * : <u>pay bills</u> * : <u>balance checkbook</u> * : <u>work</u> * : * : * <u>5-5:30</u> : <u>Jane's ballet class</u> * : <u>Mark home from work — enchiladas in oven</u> * <u>6 pm</u> : <u>dinner</u> * : * :
misc. notes: <u>laundry — order more soap nuts soon</u> <u>PTA mtg</u> — <u>settle on bake sale date</u> — <u>request new soccer equipment for PE</u> — <u>assign point person for teacher appreciation day</u> <u>call Mark — ask about Best Buy receipt</u> (tell him about Jane's funny joke)  <div style="text-align: right;"><u>need to register soon for next semester's ballet class</u> <u>555-8437</u> <u>ellen@gmail.com</u></div>		
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Phone Apps



Online Printable Planners

- <http://contentedathome.com/10-free-printable-daily-planners/>
- <http://www.tidyforms.com/daily-planner-template.html>