

7 Tips for Supporting Student Motivation

ADAPTED FROM AND HIGHLY RECOMMENDED

Supporting Students' Motivation: Strategies for Success by Johnmarshall Reeve, Richard M. Ryan, Sung Hyeon Cheon, Lennia Matos, and Haya Kaplan.

1 TAKE THE STUDENTS' PERSPECTIVE

Put yourself in students' shoes. Consider how they are experiencing the class, environment, and lesson, and take their context into account.

2 INVITE STUDENTS TO PURSUE THEIR INTERESTS

Utilize intrinsic motivation by allowing students to integrate who they are, their interests, and their preferences into their work.

3 PRESENT LEARNING ACTIVITIES IN NEED-SATISFYING WAYS

Use the Self-Determination Theory lens of relatedness, autonomy, and competence. Is the lesson or activity likely to enhance or thwart these needs?

4 PROVIDE EXPLANATORY RATIONALES

Let students know why you are doing a particular activity. If you do not have a good explanation, consider eliminating the activity.

5 ACKNOWLEDGE AND ACCEPT NEGATIVE FEELINGS

Do not ignore the challenges and disappointments inherent in learning, struggle, and social interaction. Acknowledge and normalize those feelings.

6 RELY ON INVITATIONAL LANGUAGE

When instructions are framed as asking rather than telling, students are more likely to endorse the activity.

7 DISPLAY PATIENCE

Respond to struggling students with calmness. Listen and understand where the student's challenge is coming from, and postpone advice until the student is ready to receive it.

