

Motivation: Helping Students be more Engaged

Sponsored by Charles County Public Schools'
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Presenters and Objectives

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- In this workshop, you will learn about motivation from the viewpoint of your student.
- This workshop is designed to help you connect with your student as they find their way to improved motivation.

Welcome to the Motivation Course for Adults

We are thrilled that you the adult, are involved in learning more about your student.

In this course, you will learn about motivation from the viewpoint of your teen.

This course is designed to help you connect with your student as they find their way to improved motivation.

We have designed this course to support you.

We are proud of you being here.

Having a teen these days is challenging. You are not alone.

When this course is over, we hope you will feel empowered, guided, and confident.

You are a strong person who has worked very hard
in life.

Everything you have accomplished, you have earned
and you deserve.

Your motivation has helped you to be successful.

Your motivation has also helped you to push past your struggles.

What is your Definition of Motivation?



Definition of Motivation

We define motivation as having the drive and persistence to do one's best

Your teen, just like all humans, has varying levels of motivation in life for different things.

For example, they may have a lot of motivation to spend time with their friends but not a lot of motivation to do their school work.

There are many reasons people's motivation is different in one part of their life versus another.

As we begin, let's look at your own personal motivation

Please answer the following questions to the
best of your ability

(1 being very low and 10 being very high)

- On a scale of 1-10, how would you rate your level of motivation?
- On a scale of 1-10, how would you like to rate your motivation?

What do you think needs to happen for you to increase your personal motivation?

On a scale of 1-10, 10 being the highest, how would you rate your teen's motivation?

Do you think your teen would like to improve their motivation?

Consider -

Was there ever a time in which your teen seemed more motivated?

If so, what was different about them then?

The Problem When Kids do not have Strong Motivation

Most kids report that they would like for their motivation to improve either in most areas of their life or at least in some areas.

They say that if their motivation was better, they feel they would be able to accomplish more in school and home life.

Let's take a look back in time...

When you were little you were motivated (so was your teen).

All children are.

You were motivated to do your best

Let's take a look back in time...

You couldn't wait to tie your shoes by yourself. In fact, you did it over and over again until you could do it with your eyes closed.

You were motivated on your first day of kindergarten. You were eager to see what school was all about.

Somewhere along the line, areas of your motivation began to change (this happens to everyone).

You have probably seen a similar change in your teen

It's okay that motivation changes

Kids develop and become interested in new things while losing interest in others. Their preference change.

In this course, you will learn about personal motivators that push you (and your teen) as well as the things that prevent you from accomplishing your goals.

Let's get a better understanding of what you already know about motivation

On a separate piece of paper, please describe some times in your life that you can remember feeling motivated.

How old were you?

Let's get a better understanding of what you
already know about motivation

1. How do you know you were motivated?
2. What did it feel like?
3. Did you enjoy feeling motivated?

Changing gears: determining when you lost your motivation?

1. How old were you when you recall first feeling unmotivated about something?
2. Do you remember what you lost motivation over?
3. What do you think led up to your loss in motivation?
4. What did it feel like to lose motivation?

Changing gears: determining when you lost your motivation?

5. Do you wish you could get that motivation back in that area?

Why or why not?

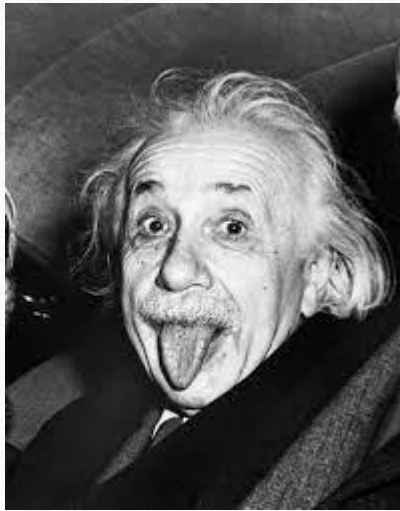
6. Do you think motivation is important?

a. If you answered “no”, why don’t you think it is important?

b. If you answered “yes”, why do you feel it is important?

Why it is important to work on motivation...

We believe that motivation is essential to being able to fulfill our goals in life.



Albert Einstein was one of the most brilliant people to ever walk the planet.

“It’s not that I’m smart, it’s just that I stay with problems longer.”

What do you think Albert Einstein meant by this?

Being smart is only part of the equation



- Being motivated and sticking with challenges is more important than being smart.
- Without motivation, being smart counts for very little.
- What good is intelligence if you don't have the drive to use it?

A Child Who is Motivated:



- Challenges themselves.
- Can start an activity or challenge without having to be told over and over to do it.
- Puts in a lot of effort and can work on something until it is finished.

A Child Who is Motivated:



- Has a positive attitude toward challenges, toward school, toward learning new things.
- Has the inner toughness or “grit” to get through difficult times or tasks.
- Can stick with something no matter how hard it is.

Do any of these describe your teen? Which ones? Why?

A Child Who is Unmotivated:



- Chooses the easy way out of things.
- They would rather do something easy to get out of it than push themselves to learn something new.
- Needs a lot of reminders to get going, to work on something, to finish something.

A Child Who is Unmotivated:



- Doesn't show or put a lot of effort into their challenge.
- Has a negative attitude toward challenges, toward school, toward learning new things.
- Does not have the inner toughness or “grit” to get through difficult times or tasks.
- Doesn't stick with challenges and often leaves them unfinished.

Do any these traits describe your teen?

Which ones? Why?



-
- Motivation is a funny thing....It can be hard to get it, but once you have some, getting more becomes easier.
 - When you are motivated, you work hard on things and you receive joy in your accomplishments
 - You can take credit for all of your hard work, you feel proud of yourself for having done something difficult, you are stronger for having stuck with it and finished.

Intrinsic Motivation



- It's your own motivation that you create.
- It's the best kind because you do things for YOU.

Extrinsic Motivation



- Motivation that comes from OUTSIDE OF YOU.
- You do things because you want something in return for accomplishing a task.
- You are doing things for rewards that live outside of you– praise, recognition, etc

Extrinsic Motivation



- This type of motivation can sometimes be a problem because you are doing something for the sake of a reward – instead of for learning or challenging yourself.
- When you stop doing things for yourself, motivation can be exhausting.
- **You eventually lose motivation to push yourself and be your best self.**

Think? Intrinsic

- Think about a time you were motivated just for you, from within.
- In other words, when did you do something just because you wanted it so badly that nothing was going to stop you until you got it?

Think? Extrinsic

- Now consider a time that something outside of you motivated you.
- In other words, when did you do something just because you wanted or was seeking some kind of reward?

-
- Everyone has intrinsic motivation and extrinsic motivation, but the one that kicks in depends on what challenge you are facing and how you are used to taking on problems.
 - The most effective motivation is when you push yourself no matter what – for the sake of growing, accomplishing, and learning.
 - You will not have to depend on other people for your success.
 - To be that kid who is willing to fight for yourself!

The Language of Kids who Motivate Themselves

- “I can do this”
- “I will do this”
- “I got this”
- “This is hard, I will finish”
- “I’m going to try my best”

Why is it Hard to Stay Motivated all the Time?

- As we grow older, our motivation changes in different areas of our lives.
- For example:
 - maybe you once loved skateboarding. Perhaps you grew out of it and now you love basketball
 - Maybe you used to love to read, but it became a little harder as you were dealing with some tough times at home. Reading suddenly wasn't that important, survival was.

Why is it Hard to Stay Motivated all the Time?

- Family obligations
- Basic needs (food, shelter, etc)
- Health
- Boredom

Why is it Hard to Stay Motivated all the Time?

- “Perceived Failure”
 - Failure is a natural part of success.
 - Very few people in the world are successful without having experienced failure at first
 - Oprah Winfrey was fired from one of her first TV jobs.
 - Michael Jordan was cut from his school basketball team his sophomore year in high school.
 - Lady Gaga was dropped from a major record label

Why is it Hard to Stay Motivated all the Time?

- It's ok to fail!
- Failure is normal!
- It actually helps us grow!
- With every try, we learn something new and we get better.
- If you fail, and you will fail, try to learn from it and try again.

Ideas for Success

1. Ask your teen what are some beginning steps you can take to grow and stay motivated

- Identify what it is you would like to change.
- Help them think about their strengths and discuss goals.
- Assist them with coming up with their own solutions.

Ideas for Success

2. Consider the things that if they were different, would change your motivation for the better

- If I spent more time on math, I might get better and then take interest
- If I talked to my family more, I might get to know them again and be motivated to be around them

Ideas for Success

3. Begin with something small

- If feeling tired is a problem; maybe you can change your eating habits so you can have more energy, or try going to bed a little earlier
- If doing homework is a problem;

Ideas for Success

4. If they are comfortable jumping into something bigger
 - If avoiding school is a problem, try speaking to a trusted adult for some suggestions

Ideas for Success

5. Make a comeback

- Many students report that the farther they fall away from motivation, the more hopeless they become. They feel that they have fallen behind and feel like they can never gain back what they had.
- It's never too late to turn things around and re-engage

Ideas for Success

6. Make attempts and take notice.

- Notice how you feel when you take steps toward change and have given it a few days.
- Go easy on yourself and do things one step at a time.

Plan for moving forward...

- In order to get where you want to be, motivation to get there is going to be key.
- Intrinsic and extrinsic motivation are both ways to get to your goals, but as you've learned, internal motivation (that which comes from inside of you) will carry you the distance and help you to feel proud.
- Extrinsic motivation comes from something outside of you and is for money, awards, or recognition in exchange for something like earning good grades.

Plan for moving forward...

- Failure is part of success and can help you learn and change.
 - Failure will happen, it happens to everyone, and it is an opportunity to grow.
 - If you “fail” (for example, your room is clean the first week for only one day) it is still an improvement. It may be better than what you originally had.
 - Try, try, and try again.

Plan for moving forward...

- Be mindful of your accomplishments
 - Think about it and pay attention to how that success makes them feel.
- Grit is sticking to it – no matter what.
 - Grit is not giving up even when things are hard

Plan for moving forward...

- We tell teens that they (and you) can continue your progress by:
 - Sticking with challenges
 - Taking small steps, don't expect it to happen all at once
 - Accepting failures as normal
 - Picking yourself back up
 - Trying again and again, and again
 - Celebrating your wins (by feeling proud)

Talking Points with your Teen

- Maintain a compassionate and quiet tone of voice (anything else may escalate them)
- Talk to them when they are not in front of others
- Do not compare them to their siblings or peers
- Ask a lot of questions; never assume you know what they are going through
- Let them figure out their solutions. It will bring them even more confidence and help them believe that they CAN do it.

You Can Do This Too

- *Adulthood doesn't come with a manual. Any new information you take from this course can help to strengthen your relationship with your teen.*
- *By understanding their experience and opening the doors to communication, your teen will feel supported, hopeful, and will want to connect more over time*

Communication Breeds Connection!

- Be patient.
- It took a long time to get where you are.
- It will take some time and patience to grow further.

If you need further support or have questions, please email us at
any time.

We are here to support you.

Great job, and good luck!



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