

8 TIPS FOR SUSTAINING MOTIVATION



Strategies for High School Students.

It is normal for our motivation to rise and fall over the school year, but staying focused now will help us in the future. Here are some ideas to help:

1 Build routines. Prioritize what needs to be done, create good work habits, and get the right amount of sleep every day. Strong healthy habits can help us manage our time, schoolwork, sports, activities, and social life.

2 Make short-term goals. When a task seems overwhelming, break it down into smaller, more achievable steps. We can take short breaks between tasks when we need them.

3 Create long-term goals. Be realistic about what we can accomplish and how long it will take. Remember, it is okay to ask for support when we need it.

4 Stay organized. Make the time to clean out our notebooks, backpacks, lockers, and home workspace. Be sure to keep what we need for final exams. Clutter can be overwhelming, which decreases our motivation.

5 Set a schedule. Focus and improve our time management by using checklists, planners, or calendars. Write down due dates. Block out some device-free time to reduce distractions.

6 Recognize achievement. Taking a moment to acknowledge our accomplishment builds confidence. Look for opportunities to celebrate the achievements of others, too.

7 Practice self-compassion. Notice our critical inner voice. Negative thoughts can affect our ability to stay on task. Remind ourselves that we are capable. Consider listening to daily affirmations or writing in a gratitude journal.

8 Establish a growth mindset. An optimistic attitude can go a long way. View failure as an opportunity to grow. Embrace challenges, persist in adversity, reflect on feedback, and find inspiration in others' success. You've got this!

10 TIPS FOR IMPROVING FOCUS & STAMINA



- 1 Establish a growth mindset.** An optimistic attitude goes a long way. When we expect our students to succeed, they will often rise to the occasion. Education is a journey. A skill they don't have now is not one they CAN'T do, but one they have not achieved YET.
- 2 Create a calm & consistent classroom environment.** A disorganized classroom can ramp up feelings of anxiety and hinder concentration. Greet students with a smile, post a daily agenda, and use props, lighting, music, and classroom rituals to create a sense of calm.
- 3 Set goals & break down difficult tasks.** Ensure students understand the goals behind their work. We may have to adjust expectations for struggling students. Chunk and break down tasks into achievable steps. Acknowledging progress builds the confidence they need.
- 4 Be flexible and provide options.** Is there a different way for a struggling student to complete the assignment and reach the same goal? Be open to different learning styles and give students the opportunity to shine by using their unique skills and talent.
- 5 Include play & project-based learning.** Build stamina by making learning fun. Incorporating structured play and meaningful projects in the classroom build creativity, problem solving, and teamwork skills. Kids can get "in the zone" and work longer.
- 6 Focus on the Zone of Proximal Development.** Identify what students can manage on their own and what's too overwhelming. Then gradually increase the difficulty while offering "scaffolding" or support, so students gain confidence and build independence.
- 7 Recognize effort & celebrate achievement.** Rewarding grit can help to build the confidence and motivation students need to keep trying. Genuine compliments in front of their peers or to their parents can be significant motivator to keep up the good work.
- 8 Teach positive self-talk.** Negative thoughts and self-doubt hinder the ability to stay on task. Teach students to notice their critical inner voice and deliberately create an optimistic message such as, "This is hard but if I keep trying and ask for help, I can figure it out."
- 9 Encourage academic risk-taking.** Students may avoid trying anything new or challenging because they are scared of failing. Mistakes are not failures but simply a step in the process of learning. Show support when they try skills outside their comfort zone.
- 10 Encourage parent support from home.** Share the importance of stamina for learning, and how they can support that at home. Encouraging independence and allowing their children time for imaginative play builds problem-solving skills and promotes resilience.