

Motivation

Motivation is what moves us. It is the reason we do anything at all. It is related to:

- A sense of competency and achievement
- The challenge of a task and expectancy of success
- Orientation towards goals (performance vs mastery)
- One's reasons for undertaking an activity



How to support motivation



- 1** Prioritise efforts to improve motivation of a person as a whole rather than towards one activity
- 2** Build a sense of competence through tasks that offer the right level of challenge
- 3** Practise growth mindset: students who feel they will improve through hard work exert more effort than those who believe their success is based only on intelligence
- 4** Provide structured support as tasks get more and more difficult
- 5** Slowly remove support as students master new goals
- 6** Differentiate tasks so they are appropriately challenging for individual students
- 7** Provide regular positive reinforcement
- 8** Normalise struggle and position failure as a learning opportunity
- 9** Focus on mastery rather than performance goals
- 10** Avoid tangible rewards
- 11** Acknowledge but don't dwell on potential hurdles