



St Leonard's College

An education for life.

Motivating Students to Achieve their Personal Best

Tonight's Program

What is Motivation?

Student Panel

Parent Panel

Questions and comments



What is motivation?

Motivation refers to factors that activate, direct, and sustain goal-directed behaviour... Motives are the "whys" of behaviour - the needs or wants that drive behaviour and explain what we do. We don't actually observe a motive; rather, we infer that one exists based on the behaviour we observe. (Novid, 2013)



Motivated students show:

Greater effort

Greater persistence

Are goal directed

Respond positively to challenges

Enjoyment of learning

2004 National Research Council study



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Complex and multidimensional

Relationships – parents, peers, teachers

Skills – talents, interests, successes

Personal – anxiety, moods, self-efficacy

Dynamic – can fluctuate over time, normal in teenagers and life cycle



A few studies

1. Parenting style – authoritarian v **authoritative** v permissive; authoritative most effective for motivation
Authoritative style – based on communication, shared responsibility for learning & following up expectations

2. Parents v teachers influence

Parents most influence at primary, while teachers can have more influence at secondary

3. Peers – important for belonging; positive impact for subjects in non-stereotyped subjects, having like-minded peers helps motivation

4. Self-efficacy – more important for girls > boys in terms of academic resilience



Tale of two students

Jack



Jill



Jack

Performs well
Enjoys school
Focuses on his own goals
Plans and organises
Comfortable in tests
Persists



Jill



Underachieves
Unhappy and bored
Nervous in tests
Procrastinates
Gives up easily
Talks of leaving



3 Key Elements of Motivation

Self-belief

Creates success experiences
Lacking confidence

Value of
schooling

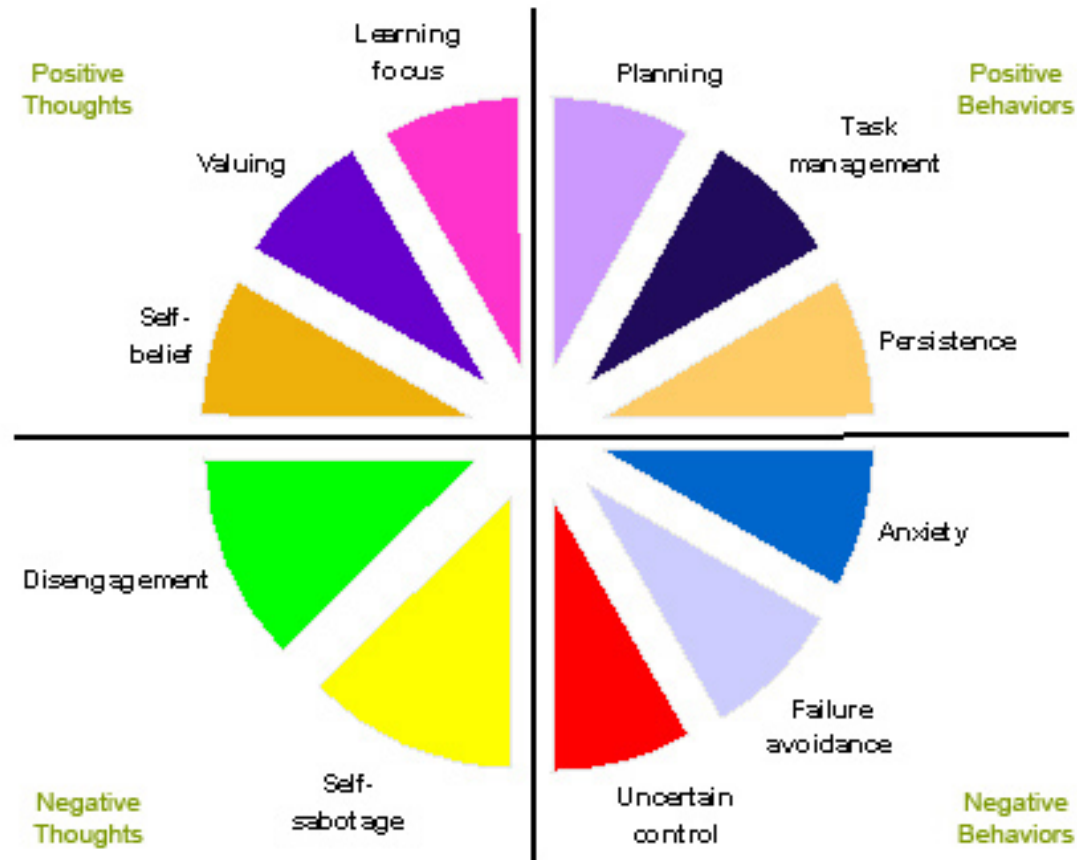
Goals related to school
What's the point?

Learning
focus

Mastery and personal best
Afraid of failing



Model of Motivation



Professor Andrew Martin: boosters (positive thoughts & behaviours) and sappers (negative thoughts & behaviours)

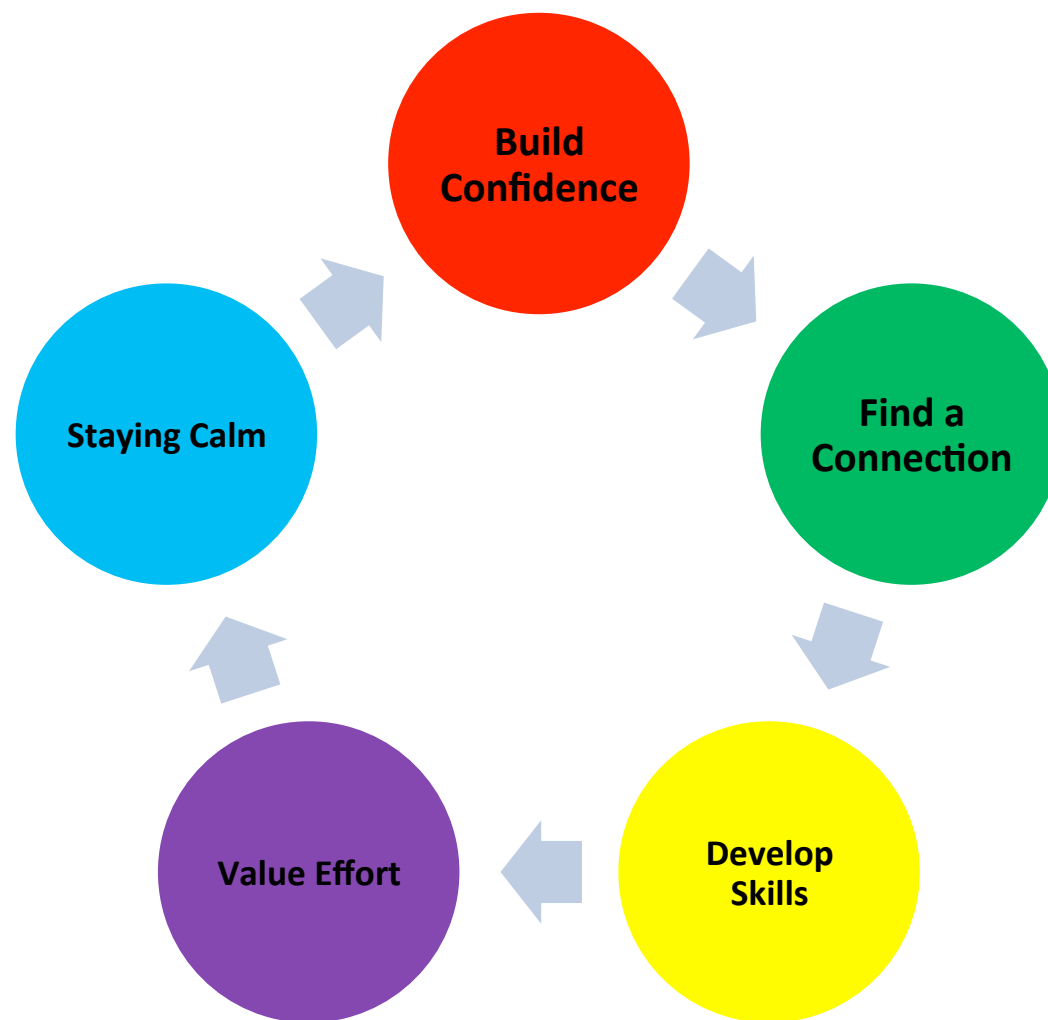


The good news!



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What can parents do? 5 Keys



Build Confidence

Competence builds confidence

Success : challenge ratio; need both

Feedback – frequent & constructive, focus on task approach

Highlight internal control v external factors



Find a Connection

At least one hook

Connecting present to future – strengths

What's the point? Discuss and look for connections to interests.

Listen – but don't panic!



Developing Skills

Planning and organisation

Time management

Chunking tasks – experience progress,
satisfaction at each stage, vital skills

Problem solving – working with others



Value Effort

- Effort over results – a growth mindset
- Learning focus &
- Expect application and persistence – benefits for long term
- Personal best framework – be wary of negative comparisons to others
- Rewards? Power of unexpected rewards; learn self-rewards; need to be achievable



Staying calm

Reduce performance anxiety

- Mindfulness skills
- Good preparation

Address fear of failure

- Mistakes are part of learning / feedback cycle
- Performance \neq self-worth

