



TRY!

MOTIVATED STUDENTS ASPIRE TO BE - AND UNDERSTAND HOW TO BE - SUCCESSFUL THROUGH LEARNING. THEY DEMONSTRATE A HUNGER TO LEARN AND TO BE INSPIRED.

What can be done at home to help students develop Motivation?

As parents, most of us have two weapons in our arsenal of motivation: firstly, we may try a system of sanction and incentive - the withdrawal of things teenagers value or perhaps a financial reward. Secondly, we try words – (lots of them!): persuasion, cajoling, lecturing, encouragement, advice, preaching... Sadly, these rarely make a significant or permanent change in levels of motivation.

The reason behind this, suggests Dennis Bumgarner, author of *Motivating your Intelligent but Unmotivated Teenager*, is that as a rule, **people don't get motivated and then do something; rather we do something and then get motivated.** It is in the **doing** of the act that we discover the motivation. Thus our efforts should be in getting our teenagers started. [Motivating Teens](#)

- Take a neutral position and trigger your son's curiosity e.g. *How would things be different if you spent a bit longer on your homework every night? etc.*
- Most teenagers **are** motivated – it's just that their motivation does not lie where we want it to be. Try tying their personal ambitions into the tasks they face.
- Success breeds success. Once the effort feels satisfying, motivation follows. So don't try to motivate your son to complete something huge; try instead to simply get him started.

What are we doing in school?

Research suggests teachers motivate students when they:

- Allow students to be teachers, and encourage peers to support peers
- Use Freedom phrases: You choose. You decide. I trust your judgement.
- Encourage group analysis and feedback: interaction is a powerful motivator
- Incorporate Flip learning/podcasts/mobile devices
- Acknowledge all students possess positive attributes: find them and praise them
- Employ all three Motivational Musts: well-structured content; enthusiasm about material and about teaching; show that they care.

We appreciate all the feedback you give us. Please continue to contact me (vbeckley@ags.bucks.sch.uk) or Gurdeep Singh, Assistant Headteacher (gsingh@ags.bucks.sch.uk)

Vanessa Beckley, Lead Practitioner