

Motivation Strategies

Let's review what you've learned!



What the Science Says...

- Students who express their learning needs and work collaboratively with their instructors experience increased motivation and grades
- Students who use multiple motivational strategies in class to get their needs met will have more interest, motivation, and confidence in class and will also see improved grades



What Strategies Can I Use?

See what
your peers
have done!

Ask questions.

I used to be really afraid I would slow the class down by asking for clarification, but a lot of the time I look around and at least 1 person looks relieved when I just ask what's on my mind. Now, I don't shy away from asking for clarification or if we can go over similar problems to the one I'm struggling with.

Make connections with others.

I often make connections with students in my class to arrange study group sessions as I feel that I work better when someone else is being productive as well.

Communicate your preferences.

I learned the importance of communicating my preferences and interests in group settings. By openly sharing my strengths and what I enjoy working on, I can help create a positive and productive environment that benefits everyone.

Make a suggestion.

I have asked a professor whether or not it's possible if we could review this concept, etc, a little more before we start the exam, and she was kind enough to oblige.

Ask for choices and options.

For one of my classes we had a final which was...a one-person project, but I asked my professor if we could do some videos in groups since it would allow there to be a more creative mix and thought process when making videos, and this would allow students who may be lacking in something a better chance at creating something great since we would be able to use different people strengths to even out our weaknesses.

Request resources.

In my Chem course, there were times when after class I felt confused about something so I asked my instructor where I can find more problems and guides aside from the textbook that could help sharpen my understanding.

Listen with an open mind.

I've used listening with an open mind quite often when I am struggling to make sense of things. I find that exploring options and not letting myself be restrained by prior biased knowledge allows me to fully understand a subject, or at least get a broader idea of it.



And Don't Forget...

1. Just because you don't start out motivated in class doesn't mean you can't become motivated with the right strategies and support

2. Asserting yourself in class can help shape the kind of class and **science community** you want to be a part of

3. Being yourself and participating in class will not only help your motivation, but **will help other people around you**

4. You can actually teach your instructor how to **motivate and support you** by asking questions, expressing your opinions, or making suggestions or sharing your knowledge and values

Read another student's thoughts on using these strategies:

"While professors play a large role in creating classroom environments that maximize student learning, both professors and students have the responsibility to enact inclusive learning. For me, this meant acknowledging that I had to prioritize my own learning in my own classes and to the best of my ability, "partner" with all of my professors to help produce it."

*Cook-Sather et al. (2021)