

Let's Get Motivated: Use these research-based practices to help everyone stay motivated.

YOU'RE WELCOME HERE ✕

Physical and digital spaces send messages to students about who is welcome and who belongs. **Feeling like you belong is key** to staying connected and motivated.


Master et al., 2016

Try this

Check your teaching space. Remove anything that reinforces stereotypical ideas about who belongs there, like sci-fi figurines in a STEM space. Replace them with items that **signal an inclusive space**.

Room for Everyone:

REPRESENTATION MATTERS



Key to feeling included in a field or a group is to be able to see yourself in that space. **Devote time to exploring role models that your students can identify with.** Share their pictures, stories, and accomplishments.

Cheryan et al., 2013



HERE TO LEARN ○○○

Learning matters more than looking smart. **Shift the focus of your teaching and assessment practices** from performance-oriented to a **learning-based approach**.

Dweck & Master, 2009


Try this

Take a look at your grading rubrics. Can you give students more **credit for improvement**, instead of evaluating the final product?

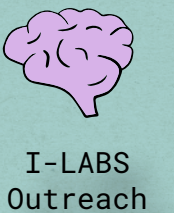
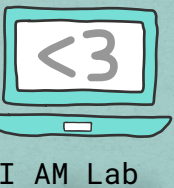
Power of Process:

DO IT BY HAND -□✕

Active, hands-on learning can be tricky, but it doesn't have to be fancy. Have students use household items to **create their own inventions or art** to show that learning can happen anywhere, anytime.



Fisher et al., 2013



Make it Social:

WE'RE A TEAM! ○○○

Creating a team culture helps students feel connected. When students know **they are part of a group**, they are more motivated.

Master et al., 2017

Try this

Use language like, "Hello math team! Today we are all working on these problems together."

ALL TOGETHER NOW -□✕

Create opportunities to see the importance of working together. Show how teams work collectively on projects for the common good, like developing a new cure for a disease.



Diekman et al., 2011


Try this

Assign projects that emphasize **collaboration and connection**, like inventing a fictional app that solves a problem.

Use Your Words:

IT'S ALL PART OF THE PROCESS ○□✕

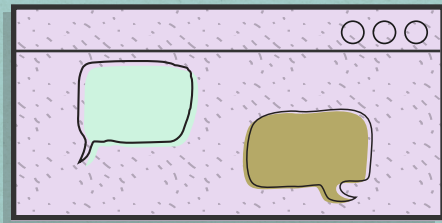
We often see the finished product and miss the work along the way. Help students understand that it is **the process, not the outcome**, that matters most by **recognizing their hard work**.



Gunderson et al., 2018

Try this

Say "I can see how much effort you are putting into this. I like the creative approach you are taking to solve this problem!"



I BELIEVE IN YOU

We all feel more motivated when we know **someone is rooting for us**. Set high but achievable expectations to show students **you believe in them**. With your support, all students can tap into their full potential.

Yeager et al., 2014