

Student School Counselor Newsletter

How can we keep our children motivated?

Hello Parents of Elk Ridge Elementary,

Similar to what we discussed in last week's newsletter on attention span, many of you may be finding that you're having trouble **keeping your child's motivation level up**. These two ideas of attention and motivation often go hand in hand with one another, as **an individual's motivation will often affect how focus or attentive** they are on a task. Due to this, I felt it was necessary to **talk a little bit about motivation** in this newsletter and hope to **give some tips on how to help keep your child motivated**, which build on the tips from last week on how to help your child's attention span. I hope you enjoy!

-Drew Roesch

Thought of the Day:

What am I truly motivated about in my life and where does that motivation come from?



Types of Motivation

Within the psychology and education field there are two main types of motivation:

Intrinsic Motivation

Definition: Motivation to act in a certain way that comes from within someone and satisfies oneself.

Example: Reading or painting purely for your own enjoyment.

Extrinsic Motivation

Definition: Motivation to act on something because of outside/external factors or rewards, not pure enjoyment.

Example: Doing an assignment solely for a grade

Which type of motivation is better?

- Each type of motivation can have a different impact on one's action
- Overall, **researchers believe intrinsic motivation will create action with better performances than extrinsic motivation.**
- The hard part is, especially in education and parenting, these **two forms of motivation often need to coexist with one another**. Therefore, **we should try our best** to keep our children intrinsically motivated as often as possible and only use extrinsic motivators when needed.

Helpful Resource: <https://www.parentingforbrain.com/difference-between-intrinsic-and-extrinsic-motivation/>

Motivation



Attention



Learning

A small image I found that shows the connection from motivation to attention (last week's topics) to our ultimate goal of learning

Need Help?

If you have any questions on how to help your child through this difficult time please contact Mrs. Houseknecht

“This is a difficult time to navigate through with your family. I may not have the answers but I am willing to listen. “

Email: dhouseknecht@oxfordasd.org

Mr. Roesch's tips to help motivate your child to learn

- **Help your child find their Interest/Passion**– Encourage your child to explore topics they are interested in. They will be more motivated to learn about topics they already have the most interest in.
- **Make Learning Fun** - Whether you're focused on reading or math, if your child feels like they are bored or frustrated by learning they won't want to learn. Therefore, incorporate things they like, are already interested in, or fun activities into their learning .
- **Give your Children the Choice**– Giving student's some say in what they are learning makes them feel more in control of their learning and allows them to own it. You can do this by giving them structure choices. For example, pick out three different books and let them choose which one they want to read.
- **Compliment and Encourage Performance**– As your child is doing work, compliment them on what they have already done and then encourage them on how they complete the task or reach their goal. This will help students understand the process of the learning challenge and better appreciate the feeling of achievement when finished.
- **Share an enthusiasm for learning**– As our teachers at Elk Ridge do, showing an enjoyment for learning to your children will likely rub off onto them since children learn so much through observations. While not being overbearing, it is important to take the opportunities to enjoy and experience learning new information with your child.

A resource for teachers on motivation and tips on how to help their student's motivation that could be useful for parents and generalized to the home atmosphere:

https://www.tandfonline.com/doi/pdf/10.3200/TCHS.81.2.81-86?casa_token=UsgZi_XU4NAAAAAA:p8TAK4BTFX7liKPnwNdr7uJpxuTR7oB_ClxRpV5iwwObTf_VpHUAUANTFXOHXnCgvBykfPky1d2Md

A resource on how parents can help their child's motivation to learn:

<https://www.educationcorner.com/motivating-your-child-to-learn.html>

Suggestions?

If you have any suggestions on another topic one of my newsletters can cover, please email Mrs. Houseknecht and she will pass the message along to myself!

All suggestions are greatly appreciated!