

MOTIVATION

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Success is a great motivator. We usually feel good about ourselves when we achieve a goal or perform well and we usually try hard to repeat those feelings of success. It is important then for young people to experience success at school and at home. Young people generally want to succeed in all that they do but if they meet with failure they will sometimes appear disinterested or even lazy. Parental expectations can influence their children's ability to succeed. If your expectations of success are unrealistically high your children may give up if they can't achieve accordingly. Alternatively, if your expectations are too low they may have nothing to strive for.

Expectations of success need to be reasonable and realistic in terms of your children's abilities.

MOTIVATING CHILDREN

FOLLOWING ARE SOME IDEAS TO HELP STUDENTS STAY MOTIVATED TO SUCCEED:

1. Make it easy to achieve.

Help children and young people experience success by breaking complex tasks into achievable chunks. For instance, a child learning to play a guitar may practise individual chords before learning to play a song.

2. Help your children to establish achievable goals.

Encourage them to write or list their goals in a diary and to check them frequently. It is important that young people set their own goals as they need to feel that they are in control of their learning.

Goals can be:

- Short term – 'This week I will learn...and I will complete...'
- Medium term – 'In term 2 I will complete...'
- Or long term – 'This year I want to improve my mark in English from ... to at least...'

3. Celebrate when goals are achieved.

Reaching a short-term goal is a great motivator, demonstrating to children that with work and a positive attitude they can achieve. Reaching a goal is also a reminder to children that they have control over their learning.

4. Display confidence in the ability to succeed.

Confidence shows through your language and the way you treat young people. Tell them genuinely that you have faith in their ability to achieve or succeed at whatever they are doing. Remember, your confidence is catching.



Parenting *ideas*
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