

## **MIND MATTERS: TEACHERS PROMOTING ADOLESCENT WELL-BEING INCREASING STUDENT MOTIVATION**

*Adolescents' overall well-being is connected to their motivation to learn. As educators, we realize the importance of fostering intrinsic motivation in our students. Motivation that is based on feelings of personal mastery can enhance adolescents' school performance, general happiness and overall perceptions of connectedness to school communities. How might you already be enhancing students' motivation in the classroom?*

*Here's how:*

- When you focus on students' efforts and not simply their abilities.
- When you ensure that classroom expectations for performance and behavior are clear and consistent.
- When you help students understand the criteria for assignments by giving them examples of high, average, and low-level work.
- When you make all students feel welcome and supported in your classroom.
- When you respond positively to student questions and comments.
- When you praise students verbally for work well done.
- When you work to build quality relationships with students, especially those considered to be at-risk and those without other positive adult interaction.
- When you evaluate students based on the task, not in comparison to other students.
- When you allow students to have some degree of control over learning.
- When you design projects that allow students to share new knowledge with others.
- When you arouse students' curiosity about the topic being studied.
- When you assign challenging but achievable tasks for all students, including at-risk, remedial, and learning disabled students.

*Efforts to promote student motivation need not be directed solely at students who have low levels of motivation. All students benefit from higher levels of engagement and intrinsic motivation to learn and succeed!*

