

MOTIVATIONAL TREATS



Component: Motivation and Mindset

ILO: To use inspirational examples to help motivate study

TOOL

Having a pool of inspirational quotes, performances, images, etc. can be a motivator when we need something to help us get back into study. For example, when a musician is feeling low they can go to their bank of music treats - recordings of performances that move them or inspirational quotes from their favourite musician who they aspire to play like.

ACTIVITY

Ask students to consider what they love about their discipline and seek out examples of that which are inspirational to them. They create this into a physical or virtual box of treats which they can delve into when they need to be inspired.

Each student presents what is in their treat box and says why and how it inspires/motivates them.

Discuss with student what lowered motivation looks like and how they will spot the signs that they need an intervention.

Discuss other interventions that may be useful.

LARGE GROUP TEACHING

This can work well with large groups.

SUCCESS

Students are aware of what motivates them and can identify when they need them to maintain motivation.

NEXT STEPS

Remember to check back and ask students if they are using their treats. Also ask them to share one of the items with the group and ask them to discuss it.