The Power of Motivation!

Health Educators Inspiring Students to Learn

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How can we unlock our student’s inner drive to learn?
A psychological investment in learning

- The degree of attention, curiosity, interest, optimism, and passion that students show when they are learning or being taught, which extends to the level of motivation they have to learn and progress in their education (Partnership, 2016).
Less motivated students tend to be disengaged, do not try hard, and give up easily.
What factors could be impacting student engagement?
Factors Impacting Engagement

- Lack of Interest in content
- Style of Instruction
- Classroom culture
- Comprehension
- Socio-economic factors
- Safety
- Learning Styles
- Language Barriers
- Motivation
What is the Incentive to Learn?
MOTIVATION

A student's willingness, need, desire to participate in, and be successful in, the learning process.
Theories of Motivational Learning

Self-Efficacy Theory
Social-Cognitive
Goal Orientation
Self-Determination
Theories of Motivational Learning

Bandura’s Self-Efficacy Theory – Task Specific Self Confidence

Bandura’s Social Cognitive Theory – Observational Learning

Locke’s Goal Oriented Theory – Motivational Impact of Goals & Performance

Deci’s Self-Determination Theory – Autonomy, Competence, and Relatedness
When you were in school, who motivated you to learn? Why? What motivated you to learn?
Types of Motivators

Intrinsic
- autonomy
- belonging
- curiosity
- love
- learning
- mastery
- meaning
- ...

Extrinsic
- badges
- competition
- fear of failure
- fear of punishment
- gold stars
- money
- points
- rewards
- ...

[Diagram with two circles, one for Intrinsic and one for Extrinsic motivations, illustrating the differences and examples.]
Intrinsic Learners
Deep routed Curiosity to Learn

How can curiosity in the learning process benefit a student and an educator?

In what ways can educators instill curiosity to learn?
Extrinsic Learners
Desire to learn can be controlled by an outside influence.

How can rewards, grades, and praise be beneficial and detrimental to a student’s learning process?
Instructional Methodologies

How does your style of instruction MOTIVATE your students to learn?
Instructional Strategies

- Help students understand a particular concept
- Develop and practice a specific life skill or health goal-oriented
The Student

What factors motivate students to learn?
Motivating Factors

- Interest & Authenticity
- Perceived Usefulness
- Hands-On Activities
- Self-Efficacy
- Mindset - Fixed vs. Growth
"Failure is an opportunity to grow"
GROWTH MINDSET
"I can learn to do anything I want"
"Challenges help me to grow"
"My effort and attitude determine my abilities"
"Feedback is constructive"
"I am inspired by the success of others"
"I like to try new things"

"Failure is the limit of my abilities"
FIXED MINDSET
"I'm either good at it or I'm not"
"My abilities are unchanging"
"I don't like to be challenged"
"I can either do it, or I can't"
"My potential is predetermined"
"When I'm frustrated, I give up"
"Feedback and criticism are personal"
"I stick to what I know"
The Motivator

A teacher’s behavior and teaching style, the structure of the course, the nature of the assignments and informal interactions with students all have a large effect on student motivation.
THE MOTIVATOR

Foster Collaboration and Teamwork

Allow opportunities to choose

Avoid creating intense competition between students

Be enthusiastic - Use humor

Tell students what they need to do to be successful in your course

Use the language of community not separation

Hold high but realistic expectations

Relate to them - EMPATHETIC REMEMBRANCE
How can we unlock our student’s inner drive to learn?

- Build a Rapport
- Determine Learning Styles
- Provide Opportunities to Choose
MOTIVATION IS WHEN YOUR DREAMS PUT ON WORK CLOTHES.

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Bibliography


