

# Elevate Parent Webinar: Motivation

## Types of goals

Avoidance goals

Performance goals

Mastery goals

The types of goals teenagers set are critical because the wrong goal can wipe motivation and lower performance. Students need to set a combination of performance goals *and* mastery goals to ensure that they stay motivated but are also able to cope with the performance element of school, university and the workplace.

## 4 practical tips to try at home

### Tip 1: Increase self-efficacy by focusing on process, not outcome

PLANNER			
Subject	Goal	To-do	Deadline
Biology	72%	• Complete B7 notes	9/4
		• Complete B8 notes	10/4
		• Complete B9 notes	11/4
		• Re-do Mitosis	12/4
		• Mind map B8	13/4
		• Mind map B9	14/4
		• Practice questions p. 120 - 134	16/4

1. Set a goal for next test or practice test (be specific!)

2. Speak to your teacher and find out exactly what needs to be done to get there

3. Break into tasks and write in the to-do column

4. Assign deadlines for accountability (*especially important at the moment*)

### Tip 2: Remove fear of failure by focusing on effort not results

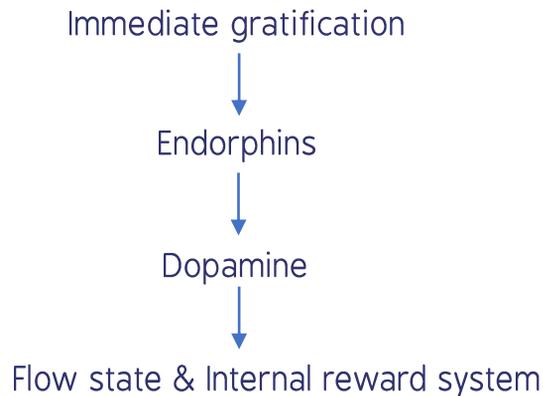
By implementing Tip 1, we can start to increase a student's self-efficacy, and we can increase the likelihood of them picking an achievement goal. However, this isn't assured. Even if a student has higher self-efficacy, the fear of failure may still be so great that they fall back on an avoidance goal. So to combat this parents are encouraged to praise effort not results. The table below outlines suggested responses for different scenarios you may face.

EFFORT VS RESULTS	
Scenario	Suggested response
1) Does well despite of not putting in much work in	Don't celebrate success, chastise the lack of effort
2) Does well and worked hard	Praise the effort, not the result
3) Works hard but doesn't do well	Praise the effort and encourage them to continue with the same effort
4) Puts in no effort and achieves bad results	Focus on the lack of effort

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### Tip 3: Break the failure conditioning process

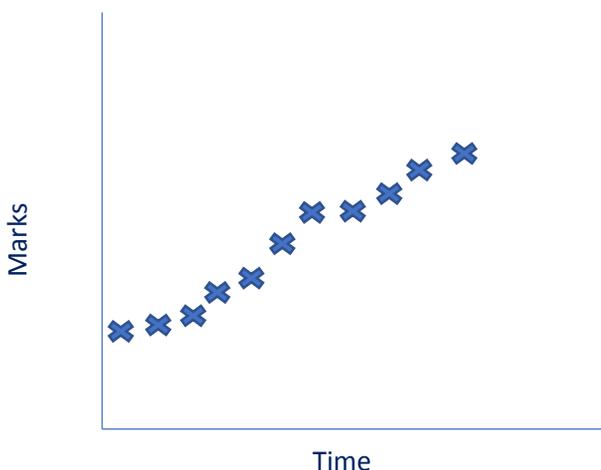
When a student is focusing on the process of what they are doing and ticking off their task list in Tip 1, they get the immediate gratification of achievement. Each time they cross a task off the list they get immediate gratification, incrementally giving them the building blocks to improve and nurturing their confidence.



### Tip 4: Make all conversations and celebrations around improvement

Make sure every conversation is focused around small improvements, encouraging your child to set goals that are realistic but necessitate some changes in the process to get there. Then, celebrate the wins like crazy when they occur. This will make your child feel amazing, and wanting to continue to improve to keep feeling that.

Help your child strive for a better result each time by making a visual tracking system to track their improvements:



1. Make a graph and stick it somewhere communal

2. Add the mark for a piece of work/assessment to the graph each time

3. Seeing the results improve over time gives an increased sense of self-efficacy

4. Celebrate each tiny improvement to trigger endorphins that will lead to naturally striving to improve

For more on how you can help your child go to:  
[www.elevatecoach.co.uk](http://www.elevatecoach.co.uk)