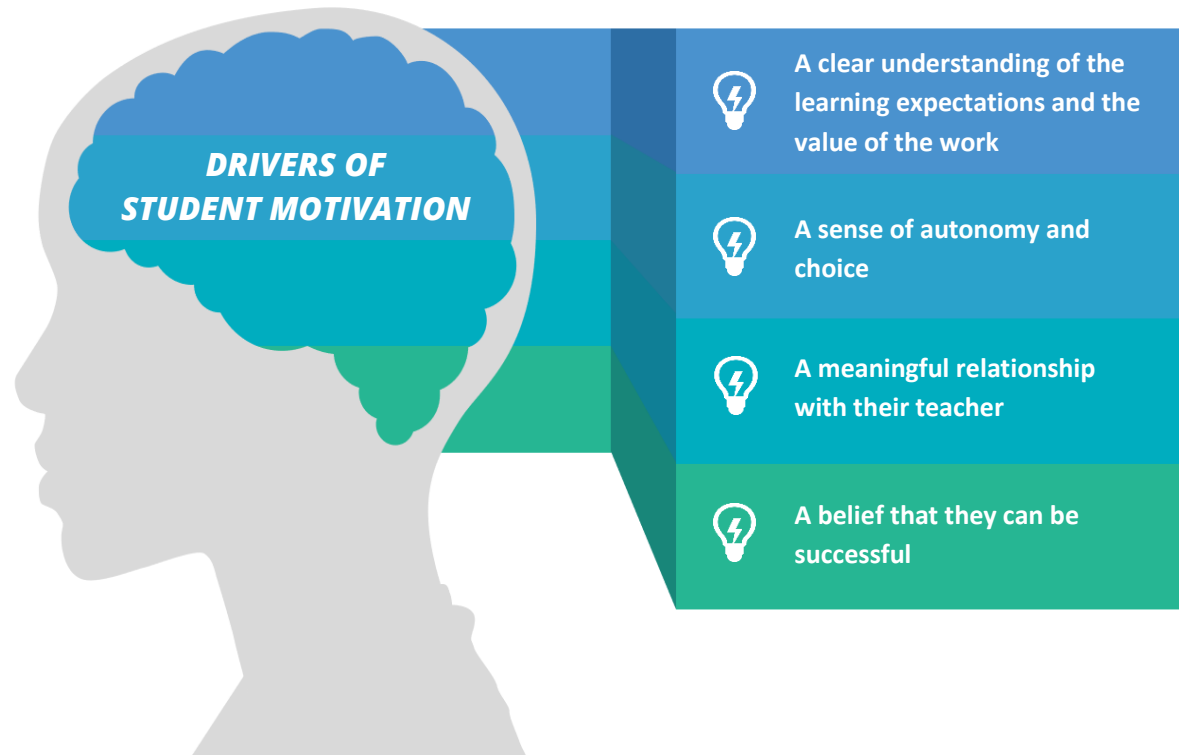


Cultivating Motivation in a Virtual Learning Setting

As we shift to virtual platforms, educators can look to the foundations of student motivation to increase engagement and positive outcomes during these times of distance learning by creating meaningful and enriching on-line learning environments for their students. While we all endeavor to reach every student in our care, the reality of access and equity issues create barriers for teachers to overcome, calling us to create and innovate like never before. Additionally, the stress felt by families during distance learning has a direct effect on students' ability to be available for learning. Researchers have identified several drivers of student motivation, as illustrated in the graphic above. In order to increase motivation among your students, **try some of the following strategies:**



SET CLEAR EXPECTATIONS:

- Establish and communicate what is reasonable and appropriate for your students regarding the time spent on lessons each day and week. Include student and family voice in this process based on their needs, which may fluctuate over time.
- Provide students with a very clear set of expectations before they begin a lesson or project, including due dates, how often you will communicate with them, and how much participation is required.
- Share organizational tools with families such as this [Student Organization Chart](#) and [Sample Distance Learning Schedules](#)

CULTIVATE RELATIONSHIPS

- When students have a positive and meaningful relationship with their teacher, motivation to engage with the curriculum increases.
- Be available in a variety of modalities (email, phone calls, Google Hangouts) and at various times of the day and week.
- Establish standing office hours.
- Engage in a “check-in” process with your students at the beginning and end of a session.
- Develop a “Mood Meter” with Google Forms to have non-academic check-in time with students. Check out some examples [here](#).
- Take time to talk “off-task” to get to know each other on a deeper level.

PROVIDE CONSISTENT FEEDBACK

- Offer specific praise at a positivity ratio of five positive phrases to one correction. Research shows that this strategy increases student performance and enhance self-esteem.
- Positive reinforcement applied consistently can increase student participation and foster a positive learning environment. Additionally, it communicates that you are invested in their learning. [Here](#) is a link to a self-guided web module on reinforcement.
- Respond to students promptly and in creative ways. Utilize GIFs, voice recordings or other visuals. Check out additional ways to personalize feedback [here](#).
- Email or call parents with specific congratulations for meeting a goal or showing improvement.

ENGAGE IN HIGH INTEREST ACTIVITIES AND MAKE CURRICULUM COMPELLING

- Remove the barriers to learning by utilizing the concepts of UDL:
- Offer instruction through multiple learning modalities by providing students with alternatives for receiving and understanding information. Provide instruction in a variety of ways; video (with captions on), podcasts, songs, E-Books, Brain Pop, NewsELA, Khan Academy.
- Allow students to engage with curriculum in a variety of ways including hands-on projects, reading, worksheets, discussion, etc.
- Provide the opportunity for students to choose the type of activity to complete or the order in which assignments are completed. Check out some examples [here](#).
- Polls, Google Quiz, Games ([Virtual spinner](#), [Kahoot](#), [Classcraft](#), [Quizizz](#)), [Goosechase - Scavenger Hunt App](#), [Quizlet Flashcards](#).

SUPPORT A POSITIVE CULTURE AND CLIMATE AT HOME

- An added challenge for motivating students with distance learning in the home is cultivating a positive learning environment. [PBIS for Parents](#) is a short PowerPoint from the California Technical Assistance Center ([CalTAC - PBIS](#)) to support parents and guardians with developing a positive learning environment in the home. Additional tools:
 - [The Good Behavior Game](#), [Behavior Matrix](#), [Forced Choice Reinforcement Menu](#)
- Along with supporting families in creating a positive learning environment through PBIS principles, the Collaborative for Academic, Social and Emotional Learning (CASEL) developed [So Now What? Supporting SEL at home](#).