

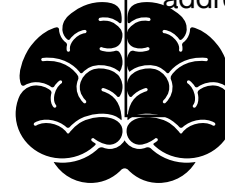
Goal Setting

- Starting off the school year by setting short term goals can help to keep up motivation among students.
- Make SMART goals... use as reminders.
 - **S**pecific
 - **M**easurable
 - **A**ttainable
 - **R**ealistic
 - **T**imely
- Re-adjust goals as the year plays out and introduce long term goal setting
- Always circle back to the goal...



Wellness Check In

- Implement wellness journals with your students that gives them a way to write out how they're feeling, and give them an outlet to self-reflect.
- Integrate physical activity and exercises into the classroom. This has been shown in research to release endorphins triggering positive feelings and will boost moral among students.
- Have open, honest, and frequent conversations with students - giving option for students to address their needs in the classroom
 - Lead by example - share stories of when I was unmotivated and what I did to help



Guide to Supporting Students Who Appear Unmotivated or Disengaged from Learning

Growth Mindset

- Leads to a desire to learn
- Increased tendency to: embrace challenges, persist in the face of setbacks, see effort as a path to mastery, learn from criticism, and find lessons and inspiration in the success of others
- Can be cultivated through effort and deliberate practice
- Simply changing your mindset or viewpoint profoundly affects the way you lead your life - something students can adopt and apply not only to their schooling but also extracurriculars, clubs, friendships, home-life, etc.



Team Effort

- Get others involved!
 - Find out who are the people supporting your students (friends, family) & what can they also do to help the situation
- Collaborate with other teachers and support in the school (Learning Resource or Support Teacher) to find other methods or resources to support students
- Foster positive classroom climate and community
- Discuss with the student what potential or current barriers they are facing, and collectively come up with strategies to address them

