

Figure 4.1: Reflecting on Motivation in School

Given what you've read in this chapter, remember back to when you were in middle and high school. Then reflect on the following questions.

1. Describe the teacher you worked the hardest for. What was it about this teacher that motivated you to work for them? (What did they do? How did they interact with you?)
2. Describe a teacher you were not motivated to work hard for. What was it about this teacher that decreased the motivation you felt in their class? (What did they do? How did they interact with you?)
3. Think about what motivates you now. Are there any similarities between that and what motivated you as an adolescent?

Now, think about your students, what motivates them, and you, as a teacher. Reflect on the following questions in the space provided.

1. Think about the type of teacher you are. Do you share any of the qualities or approaches of the teacher you were motivated to work the hardest for?
2. Do you share any of the qualities or approaches of the teacher you weren't as motivated to work for?
3. In thinking about what motivates humans (connection, competence, and autonomy) and in thinking about human needs (physiological needs, safety, belonging, esteem, and self-fulfillment), what are two things you do well to motivate and engage your students?
4. Remember a lesson or activity you led that students did not seem motivated to engage in like you'd hoped. Based on what we've talked about in this chapter, what would you change about that lesson or activity that might increase your students' motivation and engagement?