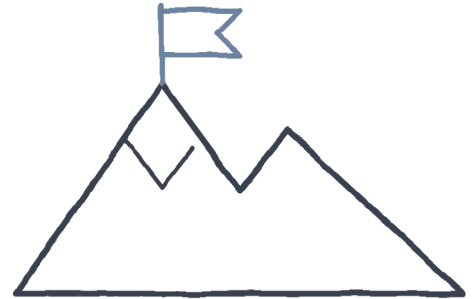


FACT SHEET • SECONDARY

Helping Your Young Person Find Their Motivation

A young person who finds it difficult to get off the sofa for homework can simply seem disinterested, but motivation at this age often depends on feeling some ownership over the goal, not just being told it matters. Here's how to help them find more motivation.



TIP 1

Connect it to their own goal

Homework lands differently once it's tied to something they actually want, like a grade for a course they chose or a place on a team. Help them find that link rather than relying on yours.

TIP 2

Let them choose how

Most young people work harder on things they have picked, or been involved in choosing, for themselves. Offer options instead of a single instruction.

TIP 3

Start with a small first step

A blank page or an overwhelming task kills motivation. Ask for just five minutes or one paragraph, since starting is normally the hardest part, and suggest a way in: pick the favourite question, or the easiest one, first.

TIP 4

Notice progress, not the finish

Point out that this week's essay came together faster than last week's, rather than waiting for the final grade to say well done. Motivation grows on noticed progress.

TIP 5

Don't let rewards replace the reason

An occasional treat for finishing something hard is fine, but leaning on bribery every time can crowd out their own reasons for doing it. Keep reasons visible.