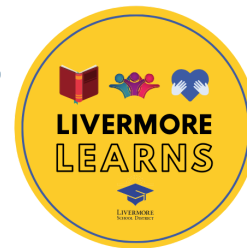


LIVERMORE LEARNS PARENT TIPS



Tip 3: Supporting Motivation

Why It's Important:

Motivation is an important life skill. Maintaining motivation helps children to achieve their goals academically and personally. Motivation for school work can be hard for many children, especially towards the end of a trimester, school year, or within the context of distance learning. Here are some helpful tips below to support motivation with your child.

Tips to Get Started:

- **Set goals:** Work with your child to set goals for what to accomplish that week or day.
- **Have a checklist:** This provides children with a visual reminder of what they have accomplished, and how much is left to do, crossing things off as they go.
- **Prepare for what's next:** At the end of the work period, have them write down the next day's to-do list so they can hit the ground running and know there is a plan in place. Having a plan can also reduce anxiety (which can impact motivation), and having it written down can get it out of the mind and onto paper.
- **Establish a completion reward:** Have something they are looking forward to ready and waiting for when the work for that period is finished- a social call with a friend, time outside in the sun, a favorite show.
- **Do challenging work first:** Consider getting the most difficult work completed and out of the way first or at the time of day when your child is most focused. This will make the completion of subsequent tasks seem less daunting.
- **Talk with your child:** Find out what they did to get their work completed and what made it hard. You can refer to this in future conversations when motivation becomes a challenge.