Let's Get Motivated:

Teaching remotely is an enormous challenge, but you can do this! Use these research-based practices to help everyone stay motivated.

Room for Everyone:

- **Choices are motivating.** Give students options for weekly homework or final projects. Can students create a comic, make a video, or write a poem?
  - Evans & Boucher, 2015

- **Make it Social:**
  - **Key to feeling included in a field or a group is to be able to see yourself in that space. Devote time to exploring role models that your students can identify with.**
    - Share their pictures, stories, and accomplishments.
    - Cheryan et al., 2013

- **All Together Now:**
  - **Create opportunities to see the importance of working together.**
    - Show how teams work collectively on projects for the common good, like developing a new cure for a disease.
    - Diekman et al., 2011

- **Use Your Words:**
  - **We often see the finished product and miss the work along the way. Help students understand that it is the process, not the outcome, that matters most by recognizing their hard work.**
    - Gunderson et al., 2018

- **Power of Process:**
  - **Take a look at your grading rubrics. Can you give students more credit for improvement, instead of evaluating the final product?**
  - Dweck & Master, 2009

- **DO IT BY HAND:**
  - **Active, hands-on learning can be tricky in a virtual classroom, but it doesn't have to be fancy. Have students use household items to create their own inventions or art to show that learning can happen anywhere, anytime.**
  - Fisher et al., 2013

- **Representation Matters:**
  - **Check your virtual teaching space. Remove anything that reinforces stereotypical ideas about who belongs there, like sci-fi figurines in a STEM space. Replace them with items that signal an inclusive space.**
  - Master et al., 2016

- **Use Your Words:**
  - **Say “I can see how much effort you are putting into this. I like the creative approach you are taking to solve this problem!”**
  - Gunderson et al., 2018

- **I Believe in You:**
  - **We all feel more motivated when we know someone is rooting for us. Set high but achievable expectations to show students you believe in them. With your support, all students can tap into their full potential.**
  - Yeager et al., 2014