

# 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.

**YOU'RE WELCOME HERE** ✕

Just like physical spaces, digital environments send messages to students about who is welcome and who belongs. **Feeling like you belong is key** to staying connected and motivated.


Master et al., 2016

**Try this**

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**.

## Room for Everyone:

**REPRESENTATION MATTERS**



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



**HERE TO LEARN** ○○○

Learning matters more than looking smart. **Shift the focus of your teaching and assessment** practices from performance-oriented to a **learning-based approach**.

Dweck & Master, 2009

**Try this**


Take a look at your grading rubrics. Can you give students more **credit for improvement**, instead of evaluating the final product?

## Power of Process:

**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




**MY CHOICE**

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:

**WE'RE A TEAM!** ○○○

Even when we are physically apart, **creating a team culture** helps students feel connected. When students know **they are part of a group**, they are more motivated.

Master et al., 2017

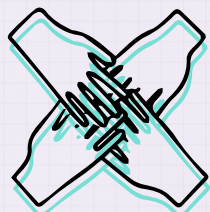
**Try this**

Use language like, "Hello math team! Today we are all working on these problems together."

**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



**Try this**

Assign projects that emphasize **collaboration and connection**, like inventing a fictional app that solves a problem.

## Use Your Words:


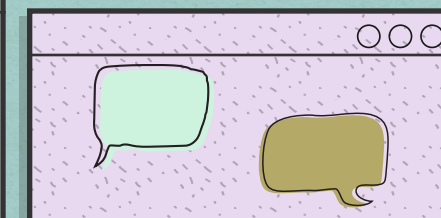
**IT'S ALL PART OF THE PROCESS** ○□✕

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

**Try this**

Say "I can see how much effort you are putting into this. I like the creative approach you are taking to solve this problem!"

**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