

# School Motivation

## Teenager

**Motivation** is a set of **desires that drives** a person to complete a task or to achieve a goal.




### To better understand


View motivation as the fuel to the brain's engine. Just like an automobile may have a great motor, but without gasoline, it can't run. Two or three people may push the car, but it won't go far. Similarly, an unmotivated child can be likened to a car without gas: teachers and parents can push all they like, but if the child doesn't get involved, he won't be « self-driving ».


(Ref. Book La motivation à l'école, un passeport pour l'avenir)



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- AVOID CLICHES AND GENERALIZATIONS**
1. Encourage the adolescent with positive affirmations, help them to ask themselves questions so that they may learn to know themselves.
  2. Do not impose beliefs on what you think of their abilities, do not make assumptions about what they should or should not be.
  3. The young person will not find motivation to achieve good results if they are constantly being told that they are bad.
  4. The young person is not good or bad, it is the results that are. Fortunately, everything is reversible.



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- SETTING GOALS**
1. Set short-term goals so adolescent can progress at their own place. It's important to have immediate pleasure, which increases their attention span.
  2. Short-term goals will motivate them more. For example: one more point on their evaluation, a decrease in negative comments for the week, etc. Once the goal is achieved, praise them and set a new short-term goal.



**PRIVILEGES**

If the adolescent is frequently failing, support study times with privileges. This will compensate for the lack of gratification for achieving good results. When he regularly obtains points or privileges reflective of his efforts, confidence in his abilities will increase.

| 418-294-4410 |

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**For more tips and tricks on supporting adolescents' motivation for academic success, don't hesitate to reach out to us!**

Sources :

1. DE COSTER, Pascale. (2016). Apprivoiser le TDA/H à l'adolescence. TDA/H Belgique.
2. DUCLOS, Germain. (2010). La motivation à l'école, un passeport pour l'avenir. CHU Sainte-Justine
3. HÉBERT, Ariane et SYLVESTRE, Christiane. (2019). TDA/H chez les ados; la boîte à outils. Mortagne.