Motivation Strategies

There are only three motivation problems that people experience - these are the solutions!

DON'T know how to	Problem	Solution
Run a Marathon	Can't run, never seen a marathon, don't know how to train or begin.	- Change Antecedent - Get a trainer, teach skills in a step by step fashion beginning with walking.
School Work	Can't divide numbers, write a research report, build a science fair project.	- Change Antecedent - Teach the steps for accomplishing the school work in a step by step fashion beginning with the first step only.

CAN'T do it all	Problem	Solution
Run a Marathon	Distance is too far, out of breath, out of shape.	- Change Behavior - Adapt goals – start with a 1 mile walk then progress to a longer walk and eventually a run.
School Work	Too hard, too long, too much, too complex, too many parts.	- Change Behavior - Adapt assignment length, provide a calculator or dictionary, use small group tutoring, modify time for completion, adjust difficulty or level of support.

WON'T do this for you	Problem	Solution
Run a Marathon	Not interested or motivated, rather watch it on TV, you can't make me.	- Change Consequence - Offer $1 million just for crossing the finish line or offer something else that is reinforcing enough to encourage the person to try the marathon.
School Work	Not interested or motivated, don't care about grades, I'll get promoted anyway, go ahead and call my mom – she'll yell at you for making me do this homework.	- Change Consequence - Find something reinforcing for the student - consumables, activity, social interaction, manipulative, possession, or an event.

Motivation Strategies Worksheet

List the motivation problems of students, then create solutions using the strategy provided.

DON'T know how to	Specific Problem	Solution
- Change Antecedent - Teach the steps for accomplishing the school work in a step by step fashion beginning with the first step only.		
List subject or topic:		

CAN'T do it all	Problem	Solution
- Change Behavior - Adapt assignment length, provide a calculator or dictionary, use small group tutoring, modify time for completion, adjust difficulty or level of support.		
List subject or topic:		

WON'T do this for you	Problem	Solution
- Change Consequence - Find something reinforcing for the student - consumables, activity, social interaction, manipulative, possession, or an event.		
List subject or topic:		