

- Emphasis self-compassion not competition
- Stress that academic ability is improvable
- Model good problem solving

Show the Value of Learning

- Connect learning to needs of pupils
- Tie class activities to pupil's interest
- Make learning fun
- Explain connections between present learning and later life
- Provide incentives and rewards where appropriate

Help Pupils Stay Focused on the Task

- Give frequent opportunities to respond
- Opportunities to create a finished product
- Avoid heavy emphasis on grading
- Model motivation to learn
- Teach learning tactics

Learned Helplessness

- Perception that no matter what they do, they are doomed to fail
 - o 'I fail because I am stupid which means I'll always fail'
- Students might develop a defensive pessimism to protect themselves from negative feedback
- Can arise from inconsistent and unpredictable use of rewards and punishments
 - o Students start to think there's nothing they can do to succeed
- Linked to attribution theory: based on how they attribute success/failure

Overcoming LH

- Give students:
 - o Opportunities for success in small steps
 - o Immediate feedback
 - o Consistent expectations and follow-through
- Attribution training
- Goal restructuring
- Self-esteem programmes
- Positive feedback system

Preview from Notesale.co.uk
Page 8 of 8