

How Does Coaching Help Motivate Students?

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What is Motivation?

The term motivation describes *why* a person does something. It is the driving force behind human actions.

Motivation is the process that initiates, guides, and maintains goal-oriented behaviors.

Motivation: The Driving Force Behind Our Actions Verywellmind.com

Types of Motivation

Extrinsic motivation arises from outside of the individual and often involves external rewards such as trophies, money, social recognition, or praise.

Intrinsic motivation is internal and arises from within the individual, such as doing a complicated crossword puzzle purely for the gratification of solving a problem.

Tranquillo J, Stecker M. Using intrinsic and extrinsic motivation in continuing professional education. *Surg Neurol Int.* 2016;7(Suppl 7):S197-9.
doi:10.4103/2152-7806.179231

A Motivational Coaching Model – Part 1

JST Coaching Model *Cycle of Action*



A Motivational Coaching Model – Part 2

JST Coaching Model *Cycle of Success*



Lack of motivation is an often-misunderstood concern for neurodivergent students and the professionals who support them.

Motivational Roadblocks

A few examples:

- All or Nothing Thinking
- Fixed Mindset
- Fear of Failure/Fear of Success
- Lack of Understanding
- Low Self-Confidence
- Negative Self-Talk
- Perfectionism



ALWAYS ASK THE STUDENT FIRST

How Does Coaching Help?

- Coaching is a non-judgmental student-directed process.
- When students are at choice, they are more likely to follow through.
- Open-ended questions help students identify their own roadblocks and motivators.
- Creates a safe space and trust encouraging students to share.
- Students become more comfortable with independent thinking and “experimenting” with new ideas.

Questions to Increase Awareness & Motivation

- What motivates you?
- What does it feel like when you are motivated?
- What do you notice when you are unmotivated?
- How have you managed roadblocks in the past?
- How might you approach this problem differently?
- What is the biggest challenge to moving forward?
- Who needs to be involved to help you overcome this roadblock?

Tips for Boosting Motivation

- Chunk down tasks
- Create a schedule
- Gamify tasks and assignments
- Use re-energizing strategies.
- Develop an exercise routine.
- Find a study buddy or body double
- Create a reward system
- Develop positive self-talk/affirmations
- Identify strengths and superpowers



Questions

