

Self-motivation



Tips for course design and delivery

Ways educators can bring awareness of the topic and incorporate development of the skill into post-secondary course design and delivery.

- ✓ **Early in the course, provide a safe and supportive space** such as a moderated discussion board to allow students the opportunity to share with other students and the instructor their short-term learning goals within the course and how these learning goals fit with long-term career and life goals.
- ✓ **Guide students through the process of setting SMART (specific, measurable, achievable, relevant and time-bound) goals** and ask them to identify how their specific strengths and support systems will help them to overcome the most important challenges that they expect to encounter in their specific courses and program.
- ✓ **Share a personal experience** that helps show students that losing focus and motivation are extremely common and constant challenges facing everyone. Provide an example of how your own personal strengths and support systems have helped you to overcome these challenges and allowed you to regain focus and motivation.
- ✓ **Revisit goal setting and self-reflection discussions at multiple points in the course** to underline the importance of iteratively updating goals and practical strategies for maintaining self-motivation in the face of new challenges.

