

MOTIVATION AND SCHOOL ENGAGEMENT DURING A PANDEMIC



MOTIVATION AND SCHOOL ENGAGEMENT¹

Motivation is one of the most important factors underlying school success. Relatedly, research shows that academic disengagement is one of the strongest risk factors of school drop out.



MOTIVATION:
THE FORCE THAT PROMPTS THE INITIATION, DIRECTION, INTENSITY AND PERSISTENCE OF ACTION.

ENGAGEMENT:
THE DECISION TO TAKE PART IN AN ACTIVITY.

MOTIVATION LEADS TO THREE FORMS OF SCHOOL ENGAGEMENT

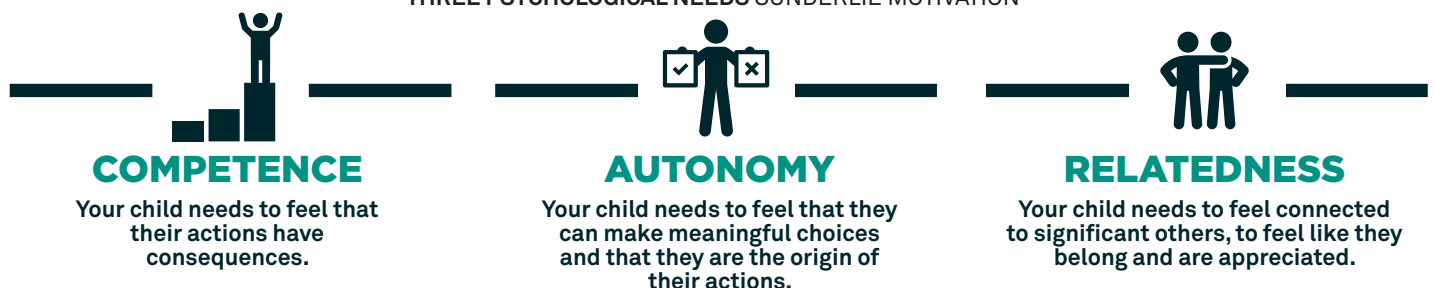
STUDENTS' AFFECTIVE ENGAGEMENT WILL LEAD TO DEVELOPING THEIR COGNITIVE AND BEHAVIOURAL ENGAGEMENT².



Affective engagement in school makes it more likely that your child will persevere in their studies.

PSYCHOLOGICAL NEED SATISFACTION

THREE PSYCHOLOGICAL NEEDS SUNDERLIE MOTIVATION³



This need is SATISFIED		This need is FRUSTRATED		This need is SATISFIED		This need is FRUSTRATED		This need is SATISFIED		This need is FRUSTRATED	
when your child understands what must be done and feels capable of doing it.		when they do not know what is expected of them and they do not feel capable of doing it.		when your child chooses to get involved with their homework or lessons.		when they feel obligated to do their school work or study.		when your child feels connected and close to significant people in their environment.		if they feel rejected or if their ties to significant individuals are tense or conflicted .	

RESPONDING TO THESE NEEDS RESULTS IN THREE CATEGORIES OF MOTIVATION



SUPPORT YOUR CHILD'S PSYCHOLOGICAL NEED SATISFACTION TO DEVELOP THEIR AUTONOMOUS MOTIVATION

SHOW THEM YOU ARE ENGAGED

- Dedicate time to your child
- Show them affection
- Demonstrate sincere interest in what is happening their life
- Encourage them

BEING ENGAGED

is not:

- Doing everything for your child
- Leaving them to figure it out on their own if they manifest their need for help
- Devoting only material resources to them
- A question of quantity, but of quality

SUPPORT THEIR AUTONOMY

- Have empathy (consider their point of view and acknowledge their feelings)
- Focus on behaviours rather than assigning blame
- Provide explanations for why you are asking of them
- Allow your child to have age-appropriate responsibilities and let them make meaningful choices

SUPPORTING AUTONOMY

is not:

- Controlling your child's feelings or interests
- Threatening or imposing your choices
- Punishing or rewarding behaviours
- Making your child feel guilty or pressured to perform

PROVIDE THEM WITH STRUCTURE

- Clearly communicate family rules and expectations regarding school
- Give your child the time and opportunity to meet your expectations
- Be consistent in your application of the rules and their consequences
- Provide feedback on their efforts and progress in following said rules

PROVIDING STRUCTURE

is not:

- Changing the rules or your expectations on a whim or without notice
- Controlling your child's actions and decisions
- Promoting performance goals (i.e., aiming to outperform others)
- Showing affection based on their compliance with rules or expectations

ARE REWARDS HELPFUL?

Using tangible rewards might seem effective but it is short-lived and will weaken the quality of your child's motivation, since they will perform tasks or activities only to receive the reward and not out of interest or because they deem it important.



As a parent, it is normal to realize that your good intentions may have manifested as behaviours that are actually detrimental to your child's psychological need satisfaction. What's important is that you are now able to recognize them and replace them with supportive behaviours.

With the tools above, you will have everything you need to support your child's motivation and have them take action and persevere!

NEED HELP?

Do not hesitate to communicate with the school, whether it is the principal, your child's teacher, or a counsellor. They are there to help!

PERTINENT RESOURCES:

ParentEstrie.com

A virtual library to accompany your child throughout his schooling in its entirety

Alloprof Parents

Practical resources for various topics, including school motivation

Parent.Québec

A guide for helping your child succeed in their education

Fondation Jasmin Roy toolbox

Concrete tools to support your child with their emotional and social needs during a pandemic

LigneParents

Free 24/7 professional support

Many thanks to Dr. Catherine Ratelle, Ph. D., professor in counselling psychology in the Faculty of Education at Université Laval and holder of the Canada Research Chair on parenting and academic and vocational trajectories, for her contribution to this infographic.

¹ RÉSEAU RÉUSSITE MONTRÉAL. *Dossier thématique sur la motivation et l'engagement.*

² ARCHAMBAULT, I., M. JANOSZ, J.-S. FALLU & L. S. PAGANI (2009). *Student engagement and its relationship with early high school dropout.* *Journal of adolescence*, 32(3), p. 651-670.

³ There are many theoretical models that explain motivation in the scientific literature. For this infographic, self-determination theory was used (www.selfdeterminationtheory.org). For more information on psychological needs, you can visit this page: <https://selfdeterminationtheory.org/application-basic-psychological-needs/> or consult the French summary of the *Étude sur la transition, l'adaptation et la persévérance à l'école (ÉTAPE)* conducted under the supervision of professors-researchers Catherine Ratelle and Stéphane Duchesne of the Faculty of Education at Université Laval: https://www.etape.fse.ulaval.ca/fichiers/site_etape/documents/Cinquieme_bilan_des_resultats_Mai_2016.pdf