

Tips for Motivating Students during the COVID-19 Pandemic

According to the University of Colorado Boulder's A&S Academic Advising and Coaching College of Arts and Sciences, 10 out of 71 students rated that they had zero motivation to do school on an online platform whenever students switched to online learning. A lack of motivation has swept this country during these times and has many asking how to help.

The Expectancy-Value Theory in Motivation

It is easier for a teacher to teach a motivated classroom whenever teaching. According to Teach.com, students who are not motivated will not learn properly, and they may become disruptive during class or even give up on the subject altogether. Khan Academy has given a theory, the Expectancy-Value theory, which explains that "people are more likely to do something when they expect that they will be successful at it and when they value the activity." (*How to Motivate Students Who Are Distance Learning during COVID (Article)*, n.d.). Finding value in the different subjects the student studies should help them become motivated as well as preparing them for success.

Keeping Motivation in the Eyes of a Counselor

Over the past two years the Southwest Louisiana area has seen different challenges when it comes to our area. We interviewed James Grimes at McNeese State University and he gave us some helpful tips for students to keep up their motivation during these times. Some tips he gave us include being mindful of stress and anxiety, keep enriching your body by taking breaks while studying, and keep in mind your physical wellbeing.

Whenever the mind is drifting it can be hard to stay focused especially with everything that has happened to our area, but one thing can always be helped is to find a sense of normalcy. Normalcy can mean hanging out with friends and family. Any student's friends or classmates can help them stay motivated by keeping them accountable within their time in school. Lastly, it is important to say that if these tips are not helping make sure to get help. The Kay Dore Counseling Center at McNeese State University is open to anyone even without insurance for a \$20 rate. Call if you need help (337) 475-5981.

References

Student Motivation During COVID 19 Pandemic. (2021, January 5). A&S Academic Advising and Coaching. Retrieved January 27, 2022, from <https://www.colorado.edu/artssciences-advising/2020/04/21/student-motivation-during-covid-19-pandemic>

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