SWWC

BEHAVIOR SERVICES

Ideas for Increasing Motivation with Rewards

The current distance-learning situation is forcing parents to take on a much larger role in teaching their students. Many students will resist doing all their schoolwork at home because it's home, not school.

While it'd be ideal for all students to be motivated to do the work just for the sake of doing it, that won't always be the case. Below are some strategies for increasing motivation by providing rewards for doing schoolwork.

Key Ideas:
- Praise
  - Making a point of recognizing and praising the work your student has done often goes a long way to increasing motivation!
  - Frequently praise your child and be specific about what they did that was good.
  - Examples: "I love how you worked so hard!" "You got all these problems right, great job!" "That question is hard! You gave a very smart answer!"
- Rewards
  - Plan It
    - Talk with your child how much/how long they will work in order to get the reward before work begins.
    - Talk with your child how much/how long they will get the reward once they earn it.
    - Examples: Work for 20 minutes, play for 5. Complete 2 worksheets, video games for 10 minutes.
  - Control It – Ensure your child cannot gain access to the reward unless you provide it.
  - Provide It – Give your child access to the reward as soon as the work is done.
- Tokens or Stickers
  - Sometimes it's helpful to use tokens or stickers to show progress toward earning a reward.
  - This allows you to still reward your student right when they're done with some work by giving the token or sticker then, even if they need to do more before getting the larger reward.
  - Examples
    - 1 token per worksheet; 5 tokens for 20 minutes watching videos
    - 2 tokens per online task; 10 tokens for 20 minutes of video games, 20 tokens for 40 minutes, and 100 for a new game