

Independent Learning Newsletter Tips

It's All About Attitude

When students start secondary school, they are usually very positive and optimistic about school. Then things can start to get harder, a bit more challenging, maybe they get a bad mark and become discouraged, or maybe their friends start to influence their attitude. Some students are able to overcome these challenges, while others let it affect their attitude and application to school.

Take the time to determine reasons to put in effort into your schoolwork.

Think about which of the following reasons might be motivating for you:

- To achieve the best mark you are capable of at school.
- To give you lots of options for what subjects you can choose in the senior years.
- To give you lots of options of what you can choose to do when you leave school.
- To have a personal sense of satisfaction about doing your best.
- To show your gratitude to your parents for giving you an education.
- To avoid getting in trouble from your teachers.
- To avoid getting in trouble from your parents.
- To avoid getting a detention or other negative consequences from not working.
- To avoid disappointing your parents.
- So you don't feel bad about wasting your parent's time and money giving you an education.

We often talk about 'carrot' and 'stick' people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or whack it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

So learn more this year about how to improve your results and be more efficient and effective with your schoolwork by going to the links section in your portal and opening the ELES handbook:

