

# IND-1193A: Art & Science of Motivation for Teachers

## Course Syllabus

- **Instructor: Dr. Maryam Torbati**
- **Number of Credits/Units: 3 Semester Credits/Units**
- **Format: Online Self-Paced Course**
- **You will have 6 months from your date of registration to complete the course.**

### **Course Description:**

Before we learn how to motivate students, it's important to take some time to understand why we need to motivate students! Why, because when we comprehend the why of something, we are in a better position to explain and learn the how, which increases our chances to actually motivate our students. Therefore, understanding why you need to learn about motivation will naturally increase productivity and skills enhancement. Motivation is important simply because it allows you as a leader to meet, and even exceed, your own classroom goals! After all, that's the whole point of leading, isn't it? In fact, without a motivated classroom, your plan will be in a very risky position.

This course is designed as an overview of motivational research in psychology and education. It focuses specifically on definitions of motivation because each individual defines motivation differently. Next, we explore different theories of motivation and how classroom, school, work, and social environments shape and influence individuals' motivation.

This course is designed for all learning experiences and the development of effective teaching strategies that promote motivation for all learners. You will learn verbal encouragement techniques that motivate by reinforcing student effort and reducing risk. Additionally, you will discover how purposeful work and goal achievement can support all types of learners.

### **Optimal Motivation Program:**

People have a natural desire to grow, develop, and do meaningful work. When an individual's psychological needs for autonomy, relatedness, and competence are

satisfied in their lives, high-quality motivation inherently flourishes, and students become more engaged.

Optimal Motivation® is based on the new science of motivation and makes the bold claim that motivation is a skill that can be learned, developed, and taught. Individuals can be taught how to choose a high-quality motivation experience at any time and for any task. You will:

- Create greater engagement through motivational strategies.
- Increase productivity and innovation through a motivating environment.

### **Course Objectives:**

At the conclusion of this course, participants will be able to:

- Identify the definition of Motivation and major theories of motivation used in psychological and educational research (attribution theory, goal theory, expectancy X value theory, self-efficacy, self-regulation).
- Utilize research on Motivation in psychology and education from multicultural perspectives.
- Apply theoretical models of Motivation to contemporary educational problems, such as substance abuse, violence, gender differences in mathematics, and school reform.
- Apply Motivation theory to an area of personal interest
- Analyze the intrinsic & extrinsic Motivation
- Engage learning techniques that can be used with children to develop Motivation within the classroom.
- Assess the value of Motivation and analyze efforts toward self-motivation.
- Utilize the research behind Motivation.
- Practice skills that encourages Motivation.
- Review and analyze strategies that support Motivation.
- Prepare activities that promote Motivation.
- Explore Motivation approaches to behavioral, cognitive, affective, social, and ecological theory and practice.
- Define “Motivation” in many perspectives.
- Identify techniques and strategies associated with traditional and contemporary models of Motivation
- Organize the classroom environment to maximize Motivation instruction.
- Explain concepts that Motivate positive interaction.

- Specify classroom conditions that promote students' Motivation.
- Discuss methods of discipline, Motivation, and general classroom climate that are required to accommodate students' Motivation.
- Analyze a given classroom situation and describe and justify the Motivation strategy or strategies most likely to be effective in maintaining an effective classroom environment.
- Identify possible causes of lack of Motivation.
- Identify ways that technology can be used to assist a teacher in becoming more effective in creating Motivation in learning communities.
- Demonstrate a deep knowledge of Motivation.
- Apply a variety of Motivation strategies to enhance learning, improve knowledge, and the power of solving problems.
- Discuss and identify what motivational strategies align to common core standards.
- Develop, expand, or adapt effective and practical Motivation enhancing lessons.
- Implement these Motivation styles in different setting like reading, language arts, math, science, social studies, and many other subjects.
- Explain effective Motivation techniques that you can use immediately.
- Identify habits of Motivation in the classroom and how they work step by step.
- Describe the motivation process in sequence.
- Discuss problem solving through Motivating cooperative learning.
- Describe how Motivation techniques can help ELD & Special Ed students.
- Summarize the importance of Motivation in the classroom.
- Formulate questions about aspects of Motivation.
- Analyze how learners learn to be Motivated.
- Create appropriate materials to teach Motivation in depth and high-level critical thinking.

### **Course Outline:**

1. Definition of motivation  
Find a definition that agrees with each learner
2. Introduction  
Model practices that place Students at the Center of Their Own Learning.
3. Perceptual Arousal  
Gain and maintain student attention by the use of novel, surprising, incongruous, or uncertain events in instruction.

4. Inquiry Arousal  
Stimulate information-seeking behavior by posing, or having the learner generate, questions or a problem to solve.
5. Variability  
Maintain student interest by varying elements of instruction.
6. Familiarity  
Adapt instruction, use concrete language, use examples and concepts that are related to the learner's experience and values to help them integrate new knowledge.
7. Goal Orientation  
Provide statements or examples that present the objectives and utility of instruction, and either present goals for accomplishment or have the learner define them.
8. Motive Matching  
Adapt a unit of instruction by using teaching strategies that match the motive profiles of the students.
9. Expectancy of Success and Challenge Setting  
Make learners aware of performance requirements and evaluative criteria.  
Provide multiple achievement levels that allow learners to set personal goals or standards of accomplishment and performance opportunities that allow them to experience success.
10. Attribution Molding  
Provide feedback that supports student ability and effort as the determinants of success.
11. Natural Consequences  
Provide opportunities to use newly acquired knowledge or skill in a real or simulated setting.
12. Positive Consequences  
Provide feedback and reinforcements that will sustain the desired behavior.
13. Equity  
Maintain consistent standards and consequences for task accomplishment.

### **Textbooks:**

Read one of the following three books for [Assignment 1.2](#):

- [The 10 Foundations of Motivation: How to Get Motivated and Stay Motivated](#) by Shawn Doyle
- [The 8 Pillars of Motivation](#) by Farnoosh Brock
- [Drive: The Surprising Truth About What Motivates Us](#) by Daniel H. Pink

The course is based on the following books:

- [Giant Steps: Author of Awaken the Giant and Unlimited Power](#) by Anthony Robbins 2019
- [The 10 Foundations of Motivation: How to Get Motivated and Stay Motivated](#) by Shawn Doyle
- [The 8 Pillars of Motivation](#) by Farnoosh Brock
- [Drive: The Surprising Truth About What Motivates Us](#) by Daniel H. Pink
- [100 Ways to Motivate Yourself](#), Third Edition: Change Your Life Forever
- [The Motivation Breakthrough: 6 Secrets to Turning on the Tuned-Out Child](#) by Richard Lavoie
- [Drive: The Surprising Truth About What Motivates Us](#) by Daniel H. Pink
- [Motivation: Getting Motivated, Feeling Motivated, Staying Motivated: Motivation Psychology - Ultimate Motivational...](#) by Justin Albert, David Robbins and Motivation Psychology
- [The Motivation Hacker](#) by Nick Winter

### **CCSS Standards for the Art and Science of Assessment:**

- Describe and define what is motivation.
- Recognize what unmotivated before it happens step by step.
- Create learning environments based on respect and mutual kindness toward one another.
- Compare and contrast different types of motivation.
- Development of critical thinking based on the best motivational strategies.
- Why the classroom must be a microcosm of global environment.

### **Takeaways – What this course gives you:**

- A focus on how students are thinking and how they can relate to each other and how they are growing as thinkers and learners.
- Insight on ways students develop problem-solving through motivational thinking.
- A vision of building classrooms based on real life problems.
- Information on the expression of multi perspectives learning.
- Strategies for going beyond the classroom and text to connect with students' lives.
- Methods of classroom participation in self-reflection, self-evaluation, and self-motivation.

- Tools to help teachers shape timely instructional strategies targeted to immediate student needs through diverse point of views.
- Techniques that can be used with children to develop motivation within the classroom.
- Research behind motivation.

## **Assignments**

### **Assignment 1.1 Reflection and Goals**

Reflect on your past experience with the Art and Science of Motivation and describe your future goals for enhancing learning through the Art and Science of Motivation course.

### **Assignment 1.2 Art and Science of Motivation Book Review and Application**

Required textbook.

### **Assignment 2.1: Readings/Videos to Acquaint You with the Art and Science of Motivation**

This assignment will help you to understand and reflect on what you have read about and viewed and how you can transfer this knowledge to your classroom.

### **Assignment 3.1: Art and Science of Motivation Lesson Pre-Planning**

Produce creative activities for implementing the Art and Science of Motivation in your teaching curriculum.

### **Assignment 4.1 & 4.2: Lesson Plan and Presentation**

Create a detailed, multi-paged, 3-Day lesson plan for applying the Art and Science of Motivation methods in your curriculum.

Create a 10-slide PowerPoint project based on the course readings, to present to an audience of peers.

### **Forum Posting**

Share your experience with other course participants