

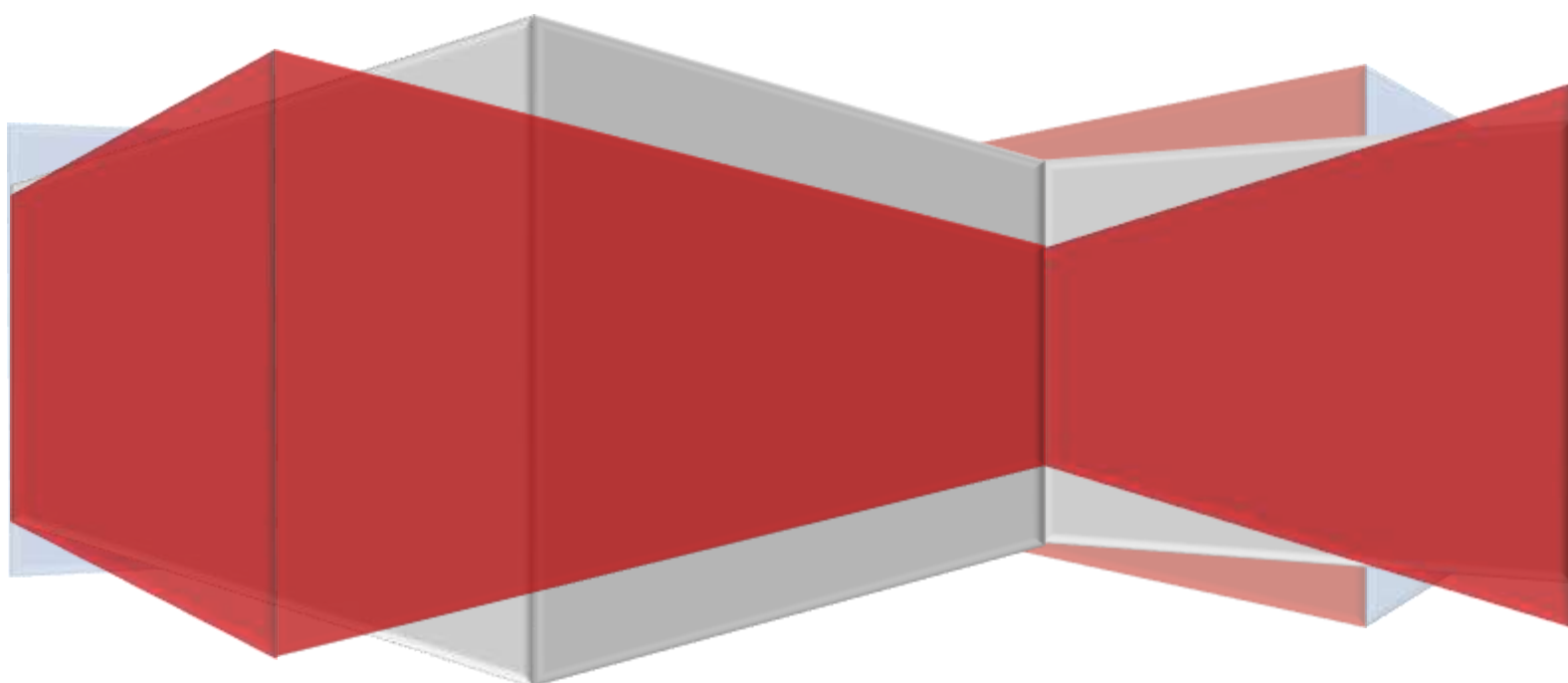
**Cultivate school entrepreneurial mind-set
through holistic approach targeting
teachers and pupils**



IO4: ISO certificated curricula for teachers Level 6

Competence: Motivation and Perseverance

Partner Responsible: Rinova



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TRAINING CURRICULUM FOR COMPETENCE:

Aim of the workshop

The workshop incorporates a variety of techniques and learning styles including individual and group activities, experiential workshops, visualisations and reflections, and more formal power point lectures.

The 15 hours of activities are divided into 7 distinct sessions, with introductions and activities for teachers and ways in which these can be transferred to the classroom. Each session focusses on a different broad topic. These are: an introduction to and overview of motivation including motivational theories and common motivators; self-awareness around motivation; self motivation and how to develop it; creating a motivational tool; a broad introduction to perseverance and activities and environments that support it; a session of open questions that encourages deeper reflection on both motivation and perseverance and a session of closed questions that check understanding.

At the end of the workshop the participants should have a broad understanding of motivation and perseverance including: using their knowledge of common motivators to create supportive conditions for performance both for self and pupils; techniques to support pupils to develop self-awareness around thinking patterns linked to motivation and perseverance including tools to both identify them and also support their development; an ability to enhance resilience in their pupils through identifying barriers and creating supportive conditions.

Learning outcomes

After the end of the workshop the participants will be in a position to:

In terms of knowledge:

- Describe motivational theories (such as cognitive dissonance and goal-related theory and others) that are useful in the classroom setting
- List techniques (such as action planning, using motivational drivers and others) that can be used for pupils to stay motivated and committed
- Name possible sources of distraction, or discouragement, common difficulties and obstacles

In terms of skills:

- Understand and apply techniques (such as goal setting, classroom energisers and others) that can be used to stay motivated and committed when facing difficulties and distraction

- Create a classroom environment that promotes commitment and focus in pupils

In terms of competences:

- Support pupils to become aware of their motivators and how to positively work with them
- Establish appropriate work behaviours and successful communication strategies to support motivation and perseverance
- Develop self awareness and build on own strengths around motivation and promote and support this in pupils

Training methodology

X Classroom Learning

X Self-Directed Learning

Prerequisites

Please state if it is for beginner level or some specific skills or previous workshops are required.

No prerequisites needed
Beginner level
No prior participation in workshops mandatory
Participants must be certain that they are able to attend the entire workshop

CLASSROOM LEARNING

Workshop duration

17 hours and 40 minutes teaching time

Training techniques

Technique

☒ Lecture (compulsory)

☒ Individual Exercise

☒ Group Exercise

☐ Role play

☒ Experiential workshop

- ☒ **Group discussion**
- ☒ **Brainstorming**
- ☒ **Case Study**
- ☒ **Questions and Answers (multiple choice and open questions)**
- ☒ **Other (Please indicate) Visualisation, Creating Tools**

Equipment and materials necessary

Equipment:

- ✓ Projector for power point, flip chart paper, pens, blue tack, pencils for drawing

Materials:

- ✓ Photocopied templates

Workshop programme breakdown

No.	Theme/Content	Workload in minutes
1	What is motivation? What are common motivators? Motivational Theories: Lecture with activities interspersed (PPT2.2_1 section 1) <ul style="list-style-type: none"> • Intro to motivation <ul style="list-style-type: none"> ▪ Lecture introducing topic PPT2.2_1 ▪ Guided visualisation and Pair Work: How motivated am I right now? CL2.2_1 • Why is motivation important? <ul style="list-style-type: none"> ▪ Small group Discussions: impact of being motivated or demotivated CL2.2_2 • Motivational Theories <ul style="list-style-type: none"> ▪ Lecture: introducing various theories of motivation PPT2.2_1 • Motivators <ul style="list-style-type: none"> ▪ Lecture: intro to motivators PPT2.2_1 ▪ Experiential activity: motivating a class – techniques CL2.2_3 	240 minutes
2	Self-Awareness and obstacles around Motivation: Experiential Workshop (PPT2.2_1 section 2) <ul style="list-style-type: none"> • Self-awareness around motivation 3 activities for developing awareness around motivation: <ul style="list-style-type: none"> ▪ Individual motivation questionnaire CL2.2_4 	150 minutes

No.	Theme/Content	Workload in minutes
	<ul style="list-style-type: none"> ▪ 'I do what I do...' finding our core motivators CL2.2_5 ▪ 'why' pair activity to dig deeper CL2.2_6 ▪ Group activity: creating tool/activity for pupils linked to self-awareness around motivation CL2.2_7 • Obstacles - Healthy and unhealthy motivation <ul style="list-style-type: none"> ▪ Lecture introducing the topic with short exercise PPT2.2_1 	
3	<p>Developing and supporting self-motivation: Experiential Workshop (PPT2.2_1 section 3)</p> <ul style="list-style-type: none"> ▪ Reflection: Intro to self-motivation CL2.2_8 • 4 Factors to Support Self-Motivation <ul style="list-style-type: none"> ▪ Self Esteem: Lecture ▪ Positive Thinking: Lecture and 4 individual and group exercises: guided reflection CL2.2_9, challenging negative thinking CL2.2_10, affirmations CL2.2_11 and reframing the negative CL2.2_12 ▪ Creating Goals: Lecture and group exercise: using brainstorming to think creatively in goal setting CL2.2_13 ▪ A Motivating Environment: Lecture and a group exercise: creating a motivating environment in the classroom CL2.2_14 • Techniques for self-motivation <ul style="list-style-type: none"> ▪ Lecture and group brainstorming 	220 minutes
4	<p>Creating a Motivational tool: Group Exercise (PPT2.2_1 section 4)</p> <ul style="list-style-type: none"> • Motivational Quotes <ul style="list-style-type: none"> ▪ Pair Work: looking at popular motivational quotes (on smart phones) and discussing preferences and why • Motivational Tools <ul style="list-style-type: none"> ○ Gaining inspiration <ul style="list-style-type: none"> ▪ Brainstorming: as a group brainstorming 	90 minutes

No.	Theme/Content	Workload in minutes
	<ul style="list-style-type: none"> ▪ motivational songs, books, films, quotes.... ○ Creating a tool <ul style="list-style-type: none"> ▪ Group exercises: in small groups creating a short motivational audio tool on a phone CL2.2_15 	
5	What is perseverance: in the classroom and activities to support it (PPT2.2_1 section 5) <ul style="list-style-type: none"> • Introduction to perseverance <ul style="list-style-type: none"> ▪ Individual exercise: 'drawing a butterfly' exercise CL2.2_16 • Techniques and strategy for perseverance in the classroom <ul style="list-style-type: none"> ▪ Lecture and group activity using case study scenarios within a school setting CL2.2_17 • Activities that support perseverance <ul style="list-style-type: none"> ▪ individual activity: 'embracing challenge' supporting our learning from experience CL2.2_18 	150 minutes
6	Motivation and Perseverance: Open Questions (CL2.2_19) <ul style="list-style-type: none"> • Around all aspects of the session, to encourage deeper reflection using individual writing followed by group discussion 	150 minutes
7	Motivation and Perseverance: Closed Questions (CL2.2_20) <ul style="list-style-type: none"> • A series of questions to check learning and understanding from the session 	60 minutes

Methodological tools

No	Training Technique	Title of Methodological tool
1	Lecture	Motivation: theories and motivators
2	Experiential Workshop	Knowing Myself Around Motivation
	Experiential Workshop	Self Motivation
3	Group Exercise	Creating a Motivational Tool
4	Experiential Workshop	Perseverance in The Classroom
5	Open Questions	Deepening Understanding of Motivation and Perseverance
7	Closed Questions	What do I know about Motivation and Perseverance

SELF DIRECTED LEARNING

Resources

No.	Title and Reference	Attachment (if applicable)
1	https://positivepsychology.com/self-motivation/ lots of information around self-motivation	
2	https://www.tonyrobbins.com/personal-growth/what-is-self-motivation/ self motivation techniques	
3	http://catalogue.pearsoned.co.uk/assets/hip/gb/hip_gb_pearsonhighered/samplechapter/M01_DORN5020_02_SE_C01.pdf academic essay about motivation	
4	http://www.yourarticlelibrary.com/motivation/theories-motivation/motivation-theories-top-3-theories-of-motivation-business-management/70095 theories of motivation	
5	https://positivepsychology.com/resilience-activities-worksheets/ activities around resilience and how to build it	
6	https://www.buildinglearningpower.com/building-perseverance-free-preview/ what is perseverance, questionnaire around behaviours linking to perseverance, what environment encourages it	
7	http://counselorresources.com tools and exercises around both motivation and perseverance	
8	https://www.positivityblog.com/25-simple-ways-to-motivate-yourself/ ways to motivate yourself	
9	https://biglifejournal-uk.co.uk motivational activities for children	
10	https://bookwidgets.com energizers and activities for children	