Motivation: Keeping it Up

RESOURCES HANDOUT

**Videos:**
- Kids who give the BEST motivational speeches! Motivational Video 2016 - [https://www.youtube.com/watch?v=kGusd0HKvtY](https://www.youtube.com/watch?v=kGusd0HKvtY)
- Alfie Kohn on Oprah - [https://www.youtube.com/watch?v=6wwReKUYmw](https://www.youtube.com/watch?v=6wwReKUYmw)
- Matilda Video - [https://youtu.be/ntirWguFrFm](https://youtu.be/ntirWguFrFm)
- The Breakfast Club Video - [https://www.youtube.com/watch?v=sC3MLiTZvto](https://www.youtube.com/watch?v=sC3MLiTZvto)
- The Surprising Truth About What Motivates Us (Daniel Pink) - [https://www.youtube.com/watch?v=wZySf0NQUP0](https://www.youtube.com/watch?v=wZySf0NQUP0)
- Jeffrey Butts on Positive Youth Development [https://www.youtube.com/watch?v=G_cpga4X_io](https://www.youtube.com/watch?v=G_cpga4X_io)

**Books/Articles/Websites:**
- 5 Facts About Motivation That Are Often Misunderstood - [https://developingchild.harvard.edu/resources/5-facts-about-motivation-that-are-often-misunderstood/](https://developingchild.harvard.edu/resources/5-facts-about-motivation-that-are-often-misunderstood/)
- Four Myths About Motivating Students - [https://sharemylesson.com/blog/four-myths-about-motivating-students](https://sharemylesson.com/blog/four-myths-about-motivating-students)
- 5 Keys to Motivating Struggling Learners - [https://www.middleweb.com/35119/5-keys-to-motivating-struggling-learners/](https://www.middleweb.com/35119/5-keys-to-motivating-struggling-learners/)
- Promoting Positive Youth Development - [https://www.youthpower.org/positive-youth-development](https://www.youthpower.org/positive-youth-development)

*For White Folks Who Teach in the Hood...and the Rest of Y’All Too: Reality Pedagogy and Urban Education,* by Christopher Emdin
Motivation: Keeping it Up

RESOURCE HANDOUT ...continued

Quotes:
- “Let us remember: one book, one pen, one child, and one teacher can change the world.” – Malala Yousafzai, Pakistani Activist
- “We know the axiom: Each one teach one. But these days, make it reach one. Even if it takes all day, try to connect with one hard-to-reach student.” – Susan Scott, Educator
- “There is always light, if only we’re brave enough to see it. If only we’re brave enough to be it.” – Amanda Gorman, American Poet and Activist
- “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou, American Poet, Memoirist, and Civil Rights Activist
- “Don’t listen to those who say you can’t. Listen to the voice inside yourself that says, I CAN.” – Shirley Chisholm, American Politician, Educator, and Author

Other Factors to Consider That Can Impact Motivation
1. Are parents using intrinsic motivators at home? Or extrinsic motivators?
2. Are parents barely paying attention to their children or paying TOO MUCH attention?
3. Is there a lack of food security for the student’s family?
4. Are students enrolled in an abundance of extracurricular activities chosen by the parents/caregivers?
5. Are students dealing with a loss in the family or a sick family member?
6. Do parents/caregivers put too much pressure on the student to succeed?
7. Do students have to get a job to help with family finances?
8. Might the family be experiencing bias due to their race or cultural identity?

For access to handouts mentioned in the webinar go to:
- New Jersey State Bar Foundation SEL Webinars and Online Content page: https://njsbf.org/school-based-programs/njsbf-webinars-and-online-content/
- Most handouts are in the dropdown under “Motivation” but the “Creating Connections” handout is in the dropdown under “Resilience”.

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