Empowering Adult Students to Take Charge of Their Learning
Hello!

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Objective

By the end of this session, participants will be able to identify several strategies that can be immediately implemented to motivate their students towards becoming autonomous learners.
Your supplies:

➔ A “bag of tricks”
➔ Notecards

When an idea comes about that you like, jot it down and put it in your “bag of tricks”.
Let's watch a video
What was his “why”?
Let’s talk about the “how"

- What is learner autonomy?
- Why do we need it?
- Intrinsic motivation
- Extrinsic motivation
- Bag of Tricks: last call
Learner Autonomy
Learner autonomy refers to a student's ability to set appropriate learning goals and take charge of his or her own learning. However, autonomous learners are dependent upon teachers to create and maintain learning environments that support the development of learner autonomy. (Rollings-Carter, N.D.)
Why do we need it?

Learner Autonomy in Adult Education

- Increased urgency
- Limited class time
- Busy lives
Intrinsic Motivation

Engage in behavior because it is personally rewarding, not for an external reward.

Source: https://www.verywellmind.com/what-is-intrinsic-motivation-2795385
Student:Teacher relationship and intrinsic motivation

Know your students’ “why”s and refer to them as often as possible.

Connect with your students on social media

Find out what their passion and strengths are and help them tap into them.
What do you do to ensure that you have a supportive relationship with your students?
Tracking progress and intrinsic motivation

- Help students create goals
  - Identify obstacles and solutions
- Provide self-study checklists (or have them create their own)
- Allow students to self-assess their performance
- Allow students to track and report their progress
How do your students track their progress?
Lifelong learner mentality and intrinsic motivation

Cultivate a growth mindset

Motivational videos on YouTube

Focus on the lesson from the mistake, not the mistake.
CHANGE YOUR WORDS
CHANGE YOUR MINDSET

As adults, our bodies have stopped growing, but we should always keep our minds growing.

I don't understand.

I give up.

I made a mistake.

This is too hard.

I'll never be as smart as him/her.

I can't make this any better.

I can always improve. I'll keep trying!

I can't read.

I'm not good at this.

It's good enough.

This will take a little extra time and effort.

This is really my best work?

Is this really my best work?

I'm going to find out what he/she does and try it.

I'm going to train my brain in reading.

Mistakes help me improve.

I've learned some of the strategies I've learned.

I can always improve. I'll keep trying!

What am I missing?
How do you cultivate a growth mindset in your students?
The learning environment and intrinsic motivation

- Provide opportunities for leadership
- Teach your students how to learn
- Explicitly explain the purpose of each activity and the benefit to them
- Help students understand their “intelligences”
- Allow students to choose their application activities
Choose your own... application activity

1. Think about the content that you teach.

2. Take a few minutes and brainstorm/jot down some different ways your students can show that they can apply that content.

3. Turn and talk to a partner and share what you have brainstormed.
Extrinsic Motivation

Behavior is driven by external rewards such as money, fame, grades, and praise.

Source: https://www.verywellmind.com/what-is-extrinsic-motivation-2795164
Student: teacher relationship and extrinsic motivation

- Provide specific praise
- Give students “shout-outs” on social media (with their permission, of course)
- Make every student feel like they are the “favorite”
Tracking progress and extrinsic motivation

- Create a “stars” bulletin board
- Provide rewards for exceptional progress
- Celebrate students who have passed/promoted
- Set a group goal and provide a reward if it is reached
The learning environment and extrinsic motivation

- Use only positive, not negative reinforcement
- Make it a classroom value that students are consistently supportive of one another
- Develop a classroom reward system
- When a student is successful, allow that student to share their “success secrets” with the class
What are some downsides to exclusively using extrinsic motivation?
Last opportunity to add to your bag of tricks!

Write your favorite idea(s) on a flip chart paper.
Thanks!

Any questions?
You can find me at

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Credits

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by SlidesCarnival
- Photographs by Unsplash