

# **Empowering Adult Students to Take Charge of Their Learning**





# Hello!

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Adult ESOL Teacher: Advanced Level

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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”

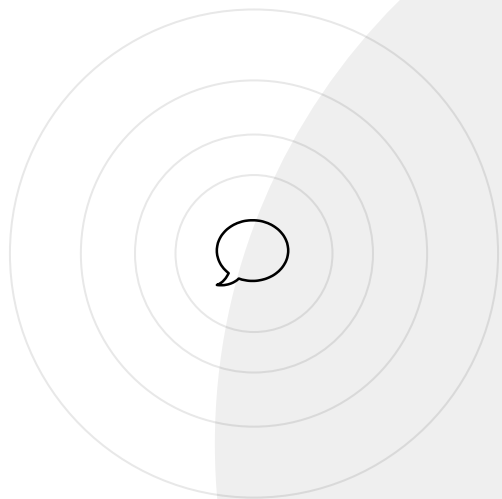
→ Notecards

When an idea comes  
about that you like, jot it  
down and put it in your  
“bag of tricks”

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**Let's watch  
a video**



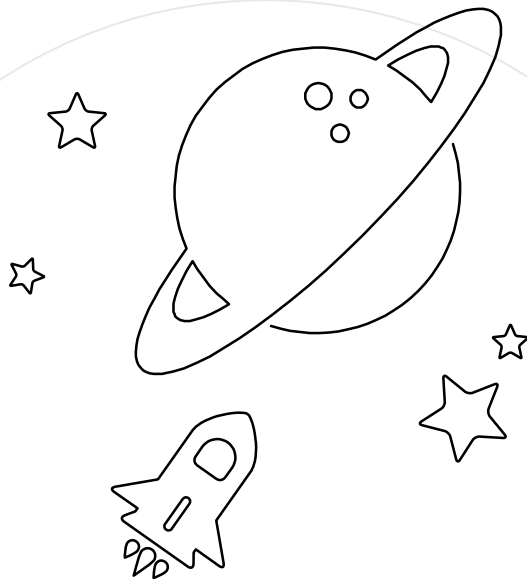


**What was his  
“why”?**

# Let's talk about the "how"

- What is learner autonomy?
- Why do we need it?
- Intrinsic motivation
- Extrinsic motivation
- Bag of Tricks: last call





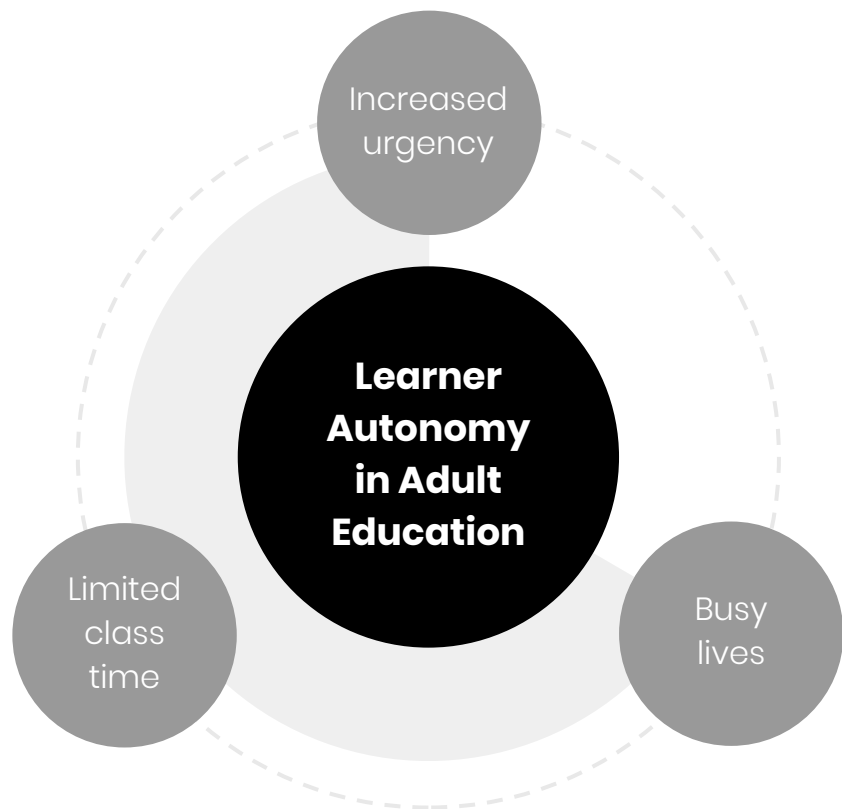
# **Learner Autonomy**

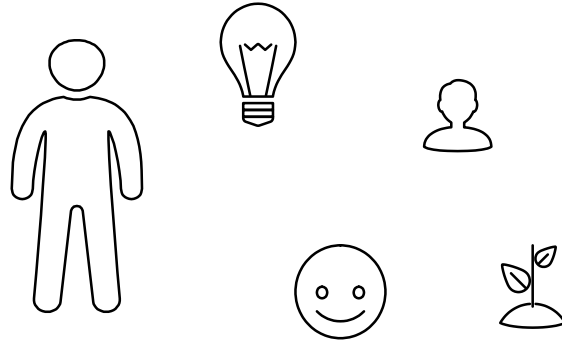




**Learner autonomy refers to a student's ability to set appropriate learning goals and take charge of his or her own learning. However, autonomous learners are dependent upon teachers to create and maintain learning environments that support the development of learner autonomy. (Rollings-Carter, N.D.)**

# Why do we need it?





# 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>

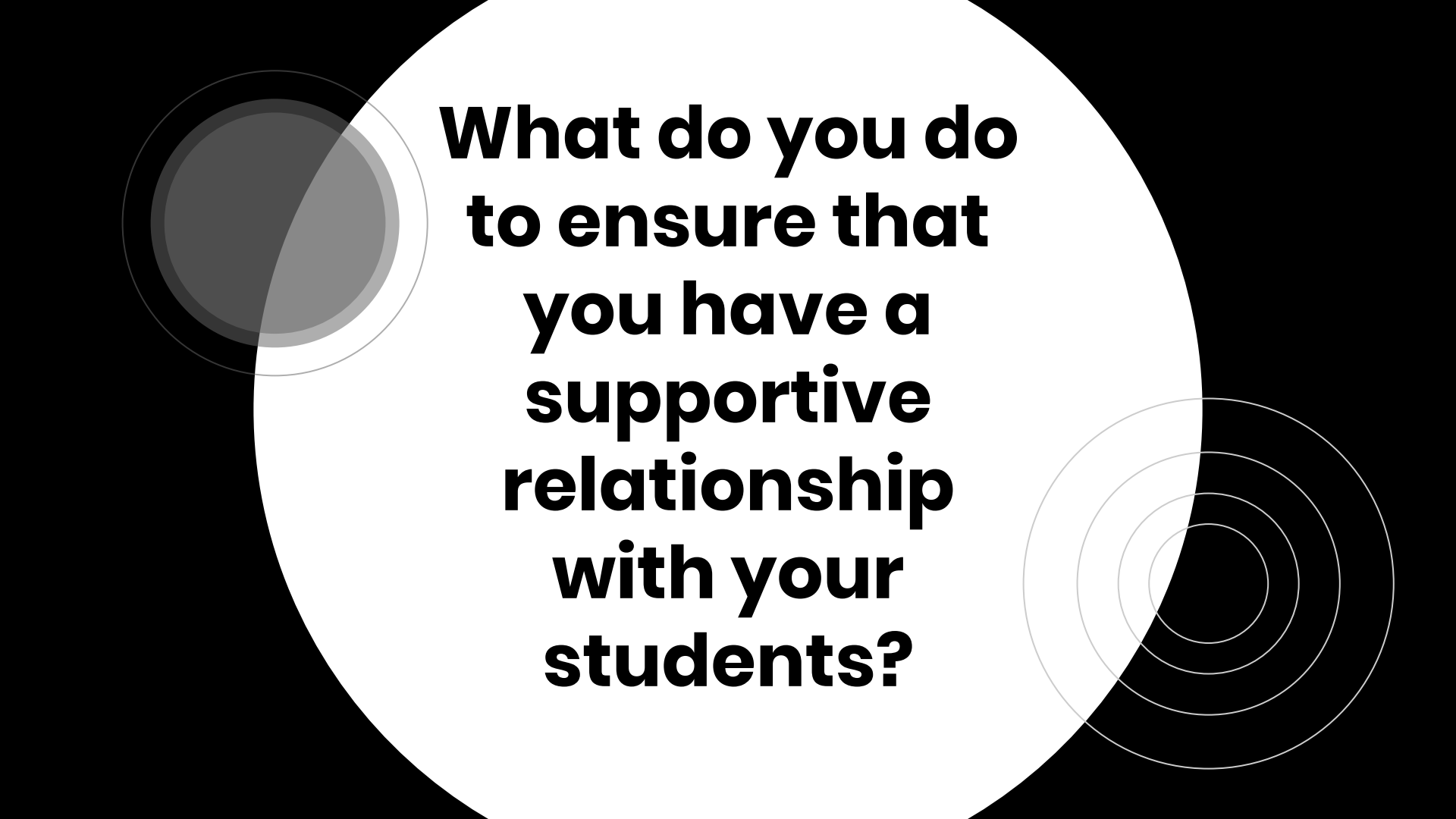
# Student:Teacher relationship and intrinsic motivation

Know your students' "why"s and refer to them as often as possible.

Connect with your students on social media

Find out their what their passion and strengths are and help them tap into them.

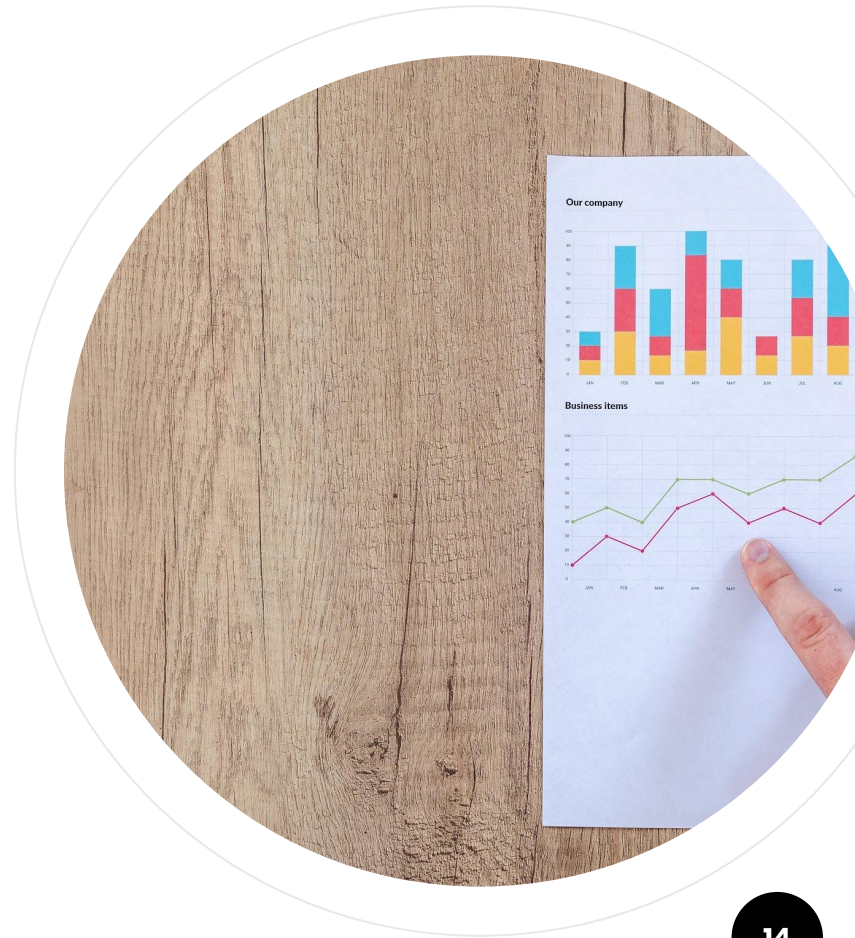


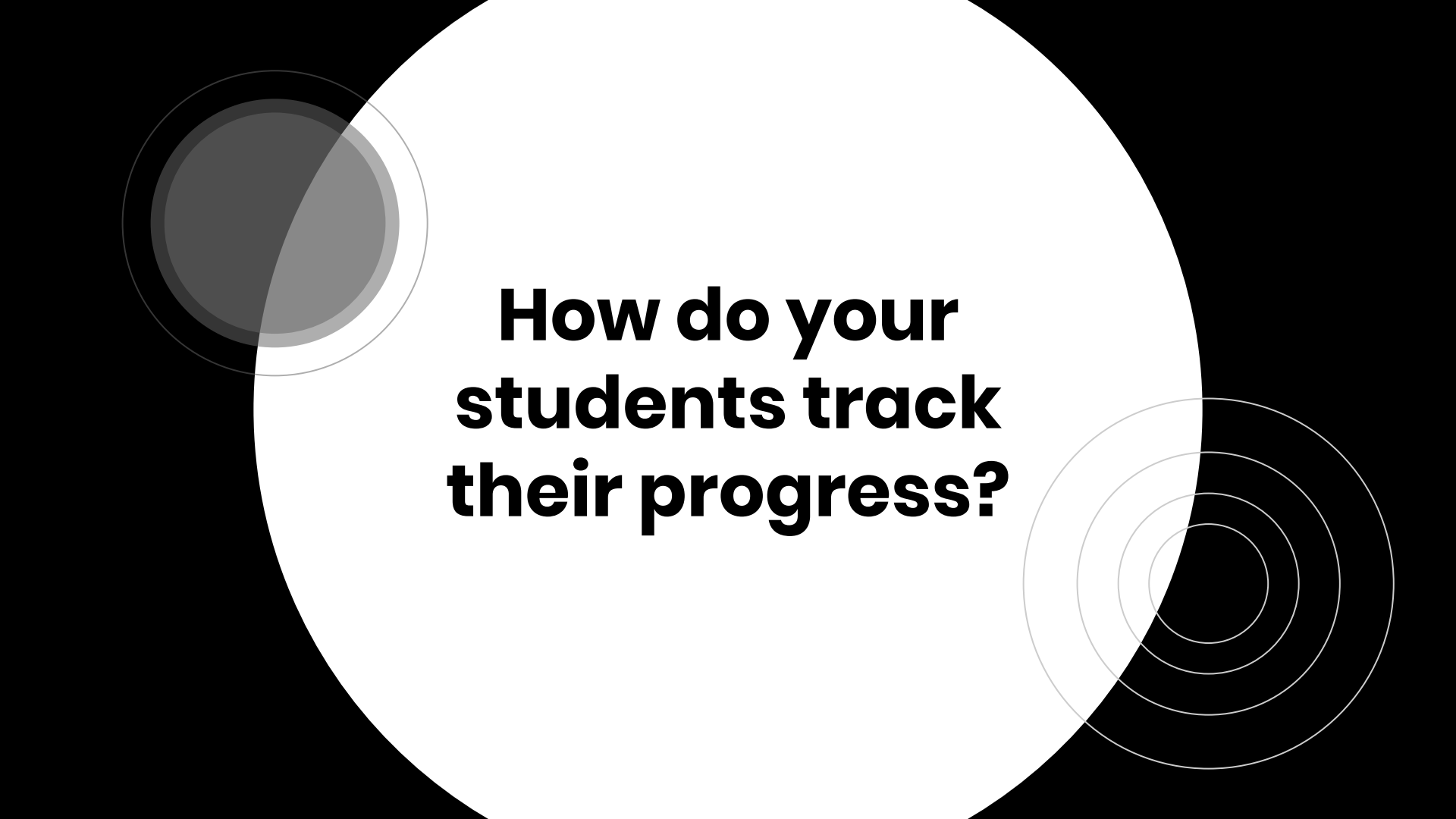
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**What do you do  
to ensure that  
you have a  
supportive  
relationship  
with your  
students?**

# 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



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**How do your  
students track  
their progress?**

# Lifelong learner mentality and intrinsic motivation

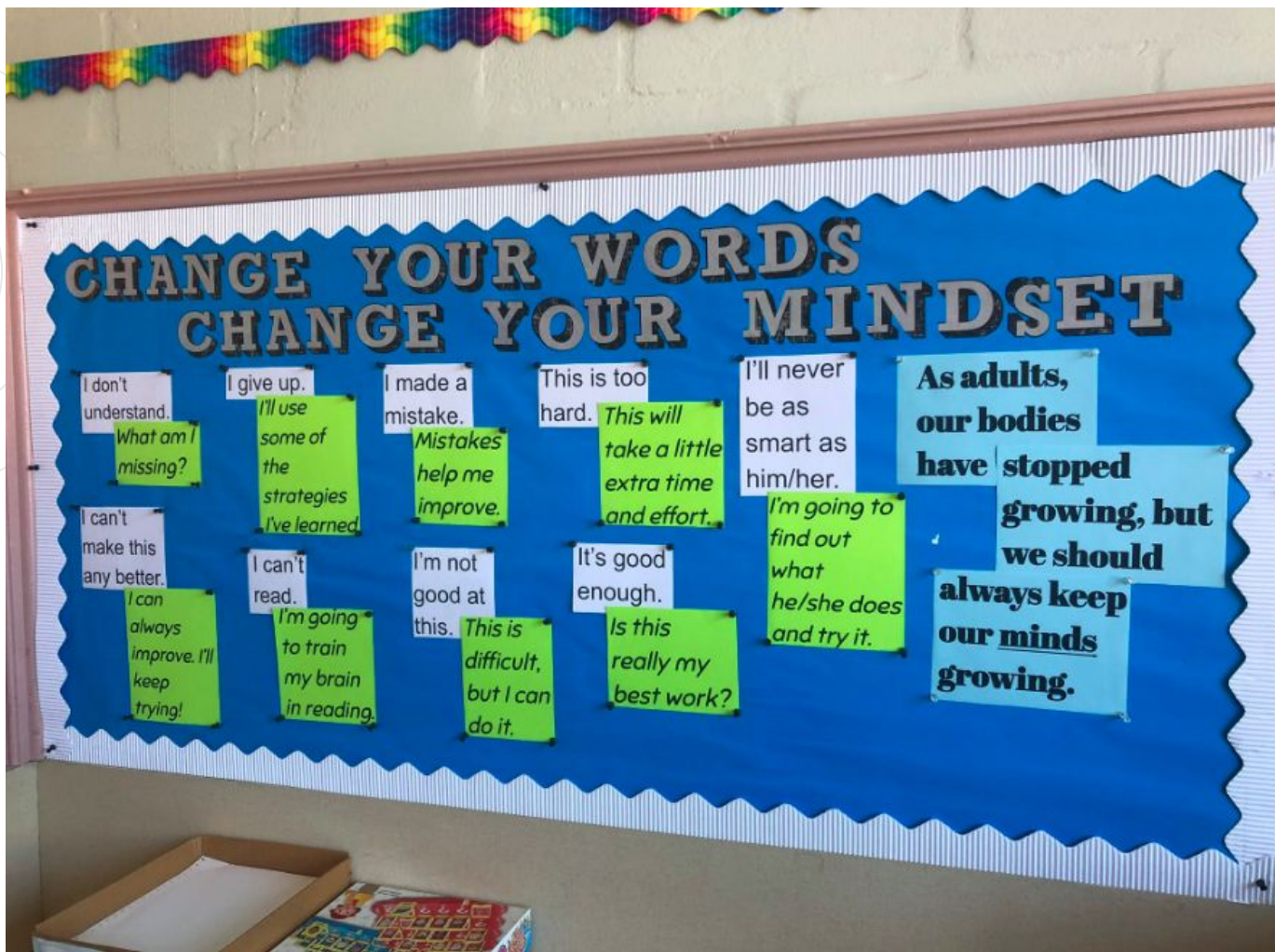
Cultivate a  
growth mindset


Motivational  
videos on  
YouTube

Focus on the lesson  
from the mistake,  
not the mistake.







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**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)

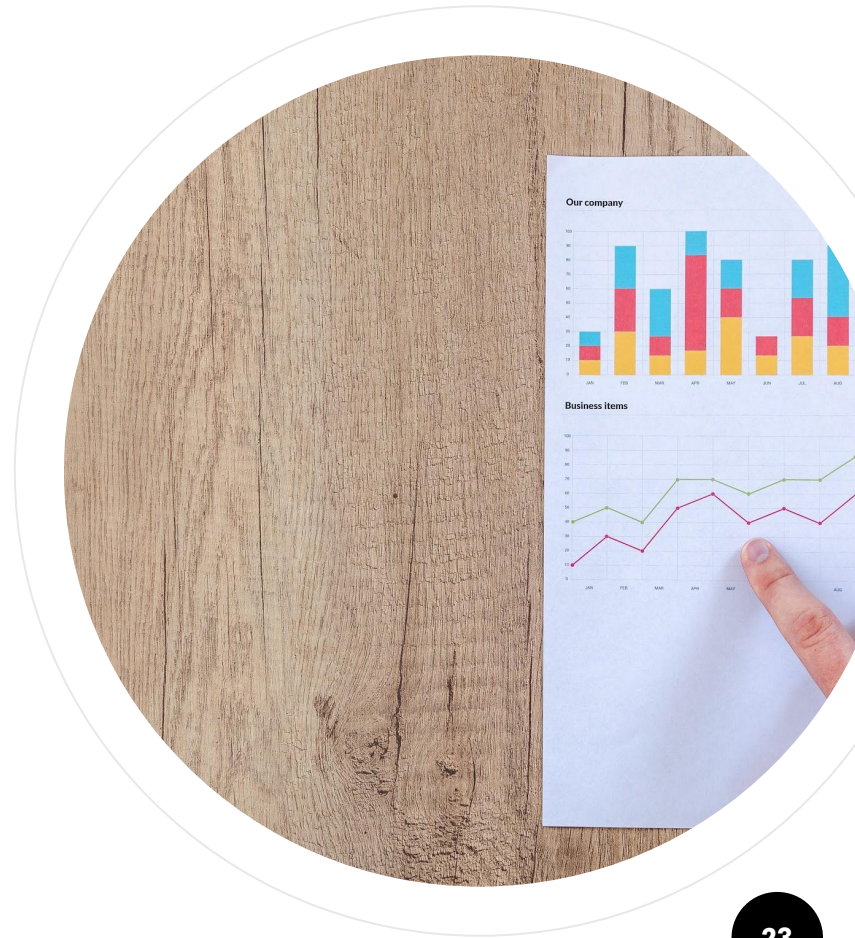
Make every student feel like they are the “favorite”





# 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



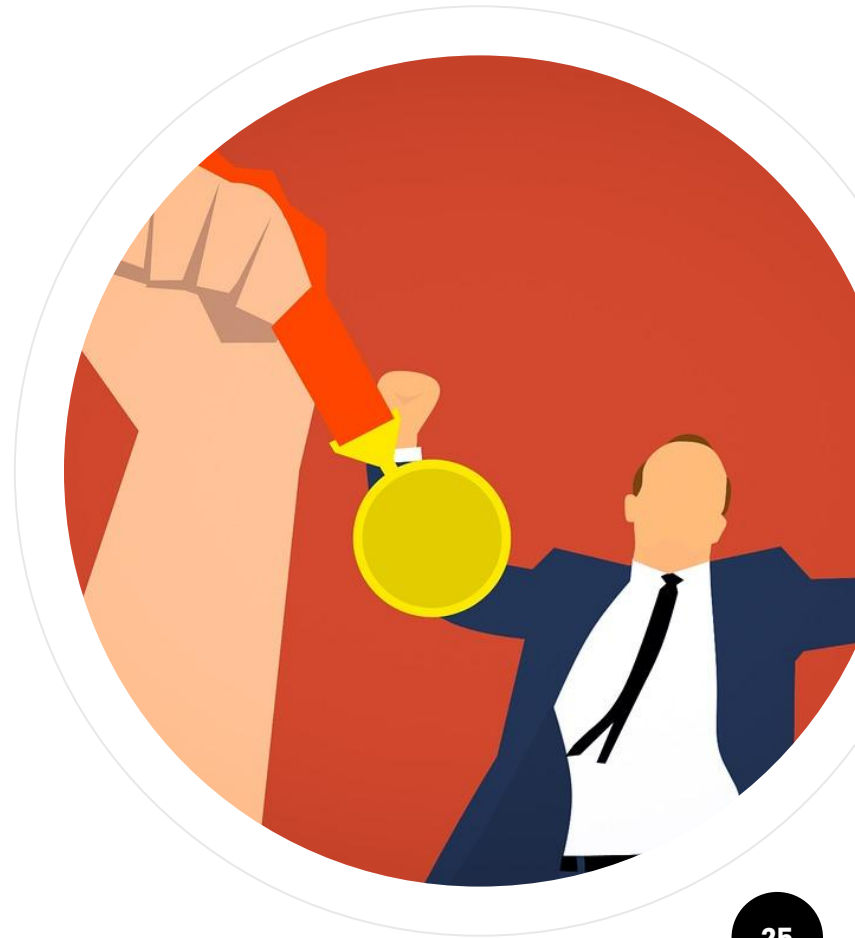
# The learning environment and extrinsic motivation

- 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

- @carlinfritz 
- [carlin.fritz@palmbeachschools.org](mailto:carlin.fritz@palmbeachschools.org) 

A series of four concentric circles in a light gray color, centered on the left side of the slide.

# Credits

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

- Presentation template by SlidesCarnival
- Photographs by Unsplash

