



Conversation Menu

HOW TO STAY MOTIVATED DURING ONLINE LEARNING

APPETISER

Trying to stay motivated with schoolwork isn't just a struggle students face during online learning, however for some it is increased with less face-to-face contact with peers and teachers. This week we're sharing tips on how to stay motivated and exploring some strategies you can use to stay focused during this challenging time.



ENTREE

[Watch this video](#) created by year 11 Media students Joel DF-B, Alex I and Jack C.

MAIN

When do you begin to feel unmotivated? Do you need to insert some small breaks into your day?

What does being unmotivated feel like?

What things lead you to distraction?

Parents: What has motivated you in the past? Think back to a time that you overcame distraction. What helped you to stay focused?

Young people: Share a time when you felt unmotivated but were able to get back on track. What helped you to refocus?

As a family how can you help each other to stay motivated?

DESSERT

Here are some suggestions for you and your family to stay motivated.

1. Set daily goals.

Each day, start by thinking about what you want to achieve. Maybe you feel a bit behind in English and today might be the day to really focus during that class and ask the teacher any questions you might have. Or maybe you have some maths homework you've been meaning to do for a few days. Is there some time today you could get this done?

2. Write a list.

Write down all the things you need to get done in order from most important to least. You could even write out how long each task will take and create a timetable. Sometimes when we're feeling overwhelmed by all the work we need to complete, writing out a list and timetable helps us to see things more clearly and realise that things are achievable.

3. Take breaks.

Don't forget to take small and large breaks. Find what works for you. You might like to take a five minute break after each hour. Or maybe you can work for longer but then need to take a bigger break.

4. Reward yourself.

After you've accomplished a task or finished a day of school work, reward yourself. You might like to go for a walk, have a snack, talk to a friend, watch a TV show, play a game, paint a picture or spend some quality time with your family.

LEFTOVERS

RESOURCES FOR PARENTS/CARERS

[Andrew Fuller: Reigniting your teenager's motivation](#)

[The 7 Secrets of Motivating Teenagers](#)



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