

Agenda



1. The Psychology of Motivation



2. Strategies to Support Motivation



3. Audience Q & A



SYMPTOM

Runs late, passes in work past due date

REASON

Doesn't have strategies for being aware of time

SKILL NEEDED

Time Management

SYMPTOM

Procrastinates, then last minute panic

REASON

Doesn't know how to break tasks into chunks and sequence the work

SKILL NEEDED

Planning



SYMPTOM

Refuses to do homework

REASON

Doesn't know how to get started

SKILL NEEDED

Initiation



HALT

Hungry Angry Lonely Tired

Urgent

Not Urgent

Important	Math exam tomorrow	Keeping up with exercise
Not Important	Chores done by tonight	Watch TikTok

**“Covey Quadrants”
reveal what needs
immediate attention
and what can wait.**

Define the issue/challenge:

<p>Step 1— Benefits/Advantages of things staying the same:</p> <ul style="list-style-type: none">•	<p>Step 2— Costs/Not so good things about things staying the same:</p> <ul style="list-style-type: none">•
<p>Step 3— Costs/Not so good things about changing:</p> <ul style="list-style-type: none">•	<p>Step 4— Benefits/Advantages of changing:</p> <ul style="list-style-type: none">•