

# Motivating Learners

## Workbook

Your reflective journal  
and additional learning  
resources



Motivating  
learners

## Forward

We're delighted you've chosen to continue your professional development with TeachingEnglish training and look forward to learning with you over the coming weeks.

In this workbook you'll find additional learning materials to complement your course, places to note ideas of interest, encouragement and guidance in applying them within your teaching practice. Whether you prefer to save and update it on your device, to keep handwritten notes, or use it as a prompt for your on-the-go reflection, do what works for you. We hope you and your learners find it beneficial.

Happy learning.

**The British Council open learning team.**

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# Your learning goals

## Your course

Get learners actively involved in your lessons with effective, engaging learning activities they want to do.

During this TeachingEnglish training, you'll engage with learning content in four modules, supported by a series of live online community events. You'll find practical support and encouragement from course tutors and other members of the [British Council courses for teachers global learning community](#) as you work to introduce new teaching ideas within your classroom.

Just as every classroom is unique, so is your learning journey. Ensure you're heading in the right direction by reflecting upon and noting your reasons for taking this course and learning goals. Keeping these in mind will help you focus on the most beneficial content and discussions for you.

### Your goals and reasons for learning

**Why are you taking this course? What do you want to be able to do?**

# Your learning tools

## Online learning modules



After gaining confidence using your online learning platform and exploring effective learning strategies in the introductory Getting started module, you'll work through three further modules, each exploring a different area of teaching and learning. Involving an average of 12 hours of study, you will find a blend of theory, practical teaching suggestions and case studies that explore new ways of teaching. Repeat activities until you feel ready to move on. Return and review them as often as you like before the end of your course.

Learn how to access the online learning modules by visiting your course's page at <https://www.teachingenglish.org.uk/training>.

## Courses for teachers community



Join course tutors and other educators working on their professional development in our supportive, Facebook-based learning community. You'll gain access to a wide selection of additional learning resources, you'll also have the opportunity to engage in developmental discussions while getting the support and encouragement you need to successfully bring ideas from the course into your classroom. Access all the discussions and content related to your specific course in [the Guides section](#).

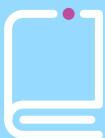
Find the community at <https://www.facebook.com/groups/coursesforteachers>

## Live events



Attend live community events and webinars led by expert educators. These sessions are focused on different aspects of your course and provide you with an opportunity to seek answers to your questions - and share your own expertise and insights with other community members. Recordings of all live sessions are available on-demand. For more details, check the Events section on your online course platform.

## Workbook



Use this workbook to keep a record of useful course and community content, questions you'd like to ask in the community, links to resources, or to note ideas from any of the live events. You can save a version online or print the workbook - or both.

# Module 1

## Understanding learner motivation



## Overview

This module explores intrinsic and extrinsic motivation, and helps you evaluate the importance of micro motivation, and the impact of biological drives on your learners' motivation. You will:

1. define what is meant by motivation in a learning context
2. recognise elements of intrinsic and extrinsic motivation
3. analyse biological drives and describe how to minimise any negative effects they may have on motivation within their classroom.

## Further reading, teaching, and learning resources

Resource description (tap/click to open)	Type
<a href="#">Alternatives to rewards (Edutopia article)</a>	Read
<a href="#">Blog: Motivation</a>	Read
<a href="#">Boost engagement with culturally sensitive lessons (Edutopia article)</a>	Read
<a href="#">Definition of extrinsic motivation</a>	Read
<a href="#">Definition of intrinsic motivation</a>	Read
<a href="#">Focus on motivation (Edutopia article)</a>	Read
<a href="#">How to boost learners' sense of optimism (Edutopia article)</a>	Read
<a href="#">Motivation 2 - The Teacher</a>	Read
<a href="#">Research publication: Motivations and expectations of English language learners and parents</a>	Read
<a href="#">Sharing strategies for helping learners motivate themselves (Edutopia article)</a>	Read
<a href="#">Tips for parents: motivating your child</a>	Read
<a href="#">A discussion on engaging and motivating learners online</a>	Watch
<a href="#">A discussion on motivation in remote teaching contexts</a>	Watch
<a href="#">Edutopia video sharing ideas for getting learners moving</a>	Watch
<a href="#">How to stay motivated when learning a language</a>	Watch
<a href="#">Managing your teaching staff – how to keep a staff motivated, challenged and developing professionally</a>	Watch
<a href="#">Why multilingual school kids want to learn more languages</a>	Watch

## Your learning

This is a space to record ideas from the course. You may have lots to write in some sections, less in others. The important thing though is to note some ideas that may be useful for you and your learners.

### Describe three things you learned from...

**Your online module**

**Live community events**

**Discussions and learning resources shared here and in the course community**



## Plan it

**Describe one thing you will change in your teaching. Why have you chosen it?**

**What challenges might arise when you try to make this change?**

**What could you do to meet those challenges?**

## Teach it

**Try it out and come back here to reflect on the experience. What did you learn?**

# Module 2

## Understanding motivation in the classroom



## Overview

This module explores the qualities of motivating teachers and provides strategies to improve motivation in your classroom. You will:

1. recognise the qualities of a motivational teacher and the benefits of having motivated learners in the classroom
2. evaluate how to create a motivational classroom environment
3. identify strategies to improve motivation in the classroom
4. assess the significance of collecting feedback from learners
5. create a motivational atmosphere for the lessons or activities you currently use.

## Further reading, teaching, and learning resources

Resource description (tap/click to open)	Type
<a href="#">Blog: Creating the conditions for self-motivated students</a>	Read
<a href="#">Blog: Getting Past the B2 Plateau</a>	Read
<a href="#">Blog: Increasing motivation through students setting goals</a>	Read
<a href="#">Blog: Motivated teens - A cross cultural digital exchange</a>	Read
<a href="#">Blog: Motivating teens – as easy as finding a snowflake that won't melt</a>	Read
<a href="#">Blog: Motivating your students to go beyond the intermediate plateau</a>	Read
<a href="#">Maintaining student motivation while teaching remotely</a>	Read
<a href="#">Motivating Myself</a>	Read
<a href="#">Motivating teenagers</a>	Read
<a href="#">Motivating the students</a>	Read
<a href="#">Rachael Roberts - staying motivated and avoiding burnout as a teacher</a>	Read
<a href="#">Research publication: a comparative study of learner perceptions of inspirational teaching</a>	Read
<a href="#">Vicky Saumell - Avoiding teacher burnout</a>	Read
<a href="#">Motivating students to read and write</a>	Watch
<a href="#">Motivating the unmotivated</a>	Watch
<a href="#">Seminar presenting research on teachers who generate long term motivation</a>	Watch

## Your learning

Which new ideas in Module 2 are most useful for you? Note them here together with any questions you'd like to ask in the [British Council courses for teachers](#) learning community.

### Describe three things you learned from...

**Your online module**

**Live community events**

**Discussions and learning resources shared here and in the course community**

## Plan it

**Describe one thing you will change in your teaching. Why have you chosen it?**

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**What could you do to meet those challenges?**

## Teach it

**Try it out and come back here to reflect on the experience. What did you learn?**

# Module 3

## Engaging with motivational activities



## Overview

This module compares personalised and distant learning activities and helps you create motivational classroom games. You will:

1. identify and solve motivational issues and problems and suggest solutions
2. evaluate the concept of personalised or distant activities and decide which is best for your learners
3. analyse whether activities generate personalised or distant output
4. create motivational games for use in your classrooms.

## Further reading, teaching, and learning resources

Resource description (tap/click to open)	Type
<a href="#">Motivating pupils to read</a>	Article
<a href="#">Three techniques for increasing teenage student motivation in the language classroom</a>	Read
<a href="#">Blog: Ten Methods to Motivate Teenage Learners</a>	Read
<a href="#">Blog: Eight ways to help English language learners feel motivated to read and write</a>	Read
<a href="#">Blog: I'm a terrible student - motivate me!</a>	Read
<a href="#">Blog: Motivating students to write</a>	Read
<a href="#">Blog: Motivating Young Learners to Write</a>	Read
<a href="#">Lizzie Pinard - RESET: five tips for staying motivated</a>	Read
<a href="#">Reading for information: Motivating learners to read efficiently</a>	Read
<a href="#">Collection of speaking activities for lower level secondary learners</a>	Use
<a href="#">Collection of speaking activities for primary learners</a>	Use
<a href="#">Lesson plan on the theme of football</a>	Use
<a href="#">Dave Dodgson on using games to engage, motivate and educate language learners</a>	Watch
<a href="#">Motivating our learners: actualising the vision</a>	Watch
<a href="#">Plenary by Deniz Kurtoğlu Eken</a>	Watch
<a href="#">Teacher talk - Motivating students</a>	Watch

## Your learning

Note any ideas you found particularly interesting and might like to bring into your classroom. Why not share them with other members of the [British Council courses for teachers](#) learning community?

### Describe three things you learned from...

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**Discussions and learning resources shared here and in the course community**



## Plan it

**Describe one thing you will change in your teaching. Why have you chosen it?**

**What challenges might you face when making this change?**

**What could you do to meet those challenges?**

## Teach it

**Try it out and come back here to reflect on the experience. What did you learn?**

# Your action plan

Make an action plan focused on applying learning from this the course. Complete any sentences that help you do this. Come back and check your plan now and then.

**In the next two weeks, I am going to...**

**Over the next two months, I'm going to...**

**Before the end of the school year, I'm going to...**

**Next school year, I want to...**

What do you want to learn about next? Explore our [framework for teacher knowledge and skills](#) for inspiration, support and materials.



Well done — you've made it to the end of the course! We hope you've found it useful, and will join us on another very soon. Learn more about free teacher training courses with the British Council at:

[https://www.teachingenglish.org.uk/training\\_](https://www.teachingenglish.org.uk/training_)