

## Task Sheet: Self-motivation

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| Name of the creator of the material  | BUSOLA – Hubert Skrzynski  |
| Title of the lesson plan / task sheet  | Self-motivation as part of your success  |
| Targeted 21 <sup>st</sup> century skill  | Initiative & self-direction  |
| Brief description of the competences the students will learn (including, for example, which scientific theory is based on) | <p>Students will cultivate the competence to recognize their personal aspirations and harness their inner drive to pursue them with dedication and enthusiasm. They will learn to set clear and achievable goals, prioritize their tasks, and persistently work towards them, even in the face of challenges and setbacks.</p> <p>Furthermore, students will gain the ability to self-monitor their progress, assessing their performance and making necessary adjustments to stay on track. They will develop a deep understanding of the significance of time management and the skill of self-discipline, which are essential for maintaining focus and consistency in their vocational endeavours.</p> <p>What is more, students will also learn to foster resilience and a positive mindset. They will acquire the competence to bounce back from failures, leveraging them as learning opportunities, and to maintain a constructive outlook that enhances their motivation. Moreover, they will understand the value of seeking support and guidance when needed, recognizing that self-motivation doesn't equate to isolation but, rather, to the capacity to engage with mentors, peers, and available resources.</p> |
| Specialty/target group (if applicable)   | Adults with a different background gaining new competences during a vocational training.   |
| Learning outcome(s) for the vocational profession  | <p>Some possible learning outcomes include:</p> <ul style="list-style-type: none"> <li>- goal setting and achievement - students will be able to set clear and achievable vocational goals, both short-term and long-term, and take consistent steps to work towards them. They will understand the importance of aligning their goals with their vocational aspirations.</li> <li>- resilience and adaptability - students will learn to cope with challenges, setbacks, and unexpected changes in their vocational environment. They will develop</li> </ul>   |



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|  | <p>resilience and adaptability, allowing them to bounce back from difficulties and maintain a proactive approach.</p> <ul style="list-style-type: none"> <li>- self-discipline and consistency - students will acquire self-discipline and the ability to stay consistent in their vocational efforts, even when faced with distractions or temptations. They will be able to stay focused on their goals and avoid procrastination.</li> <li>- positive mindset and confidence - students will cultivate a positive and confident mindset, enhancing their self-belief in their vocational capabilities. They will view challenges as opportunities for growth and maintain an optimistic outlook.</li> <li>- effective communication - students will understand the importance of effective communication and networking in their vocational endeavours. They will be able to build professional relationships, seek guidance, and collaborate with others.</li> <li>- proactive learning - students will become proactive learners, actively seeking opportunities for skill development and staying current in their chosen field. They will recognize that learning is an ongoing process.</li> </ul> |
| <p>Tools needed for this lesson plan/ task sheet (if applicable)</p> | <p>Here's a list of tools and materials that can enhance the learning experience:</p> <p>A projector, screen, or interactive whiteboard can be used to display presentations, videos, and multimedia content that reinforce the lesson. A teacher may want to provide students with links to articles, case studies, and motivational content related to self-motivation and vocational success. A good point is to suggest readings from relevant books and articles that discuss self-motivation, goal setting, and success in vocational contexts. Moreover, one can provide worksheets or templates for students to set and track their vocational goals, including short-term and long-term objectives. Before the class the teacher can design interactive exercises, case studies, role-playing scenarios, and group activities that promote self-motivation and application of the concepts. Finally, you can display motivational quotes and visuals that can inspire and stimulate discussion about the importance of self-</p>  |

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|  | motivation.   |
| Approximate time to complete the task  | 60 – 120 min depending on the capability of the students. The lesson may be divided into more meetings should you need more time to go through materials.   |
| Suggested more comprehensive methodical guide for doing / carrying out the task (for the teacher or student) | <ul style="list-style-type: none"> <li>- Understand the needs and background of your students. Consider their age, prior knowledge, and vocational interests, as this will help you tailor the content and teaching methods.</li> <li>- Gather all the materials, resources, and tools you'll need for the lesson, such as presentations, handouts, multimedia content, and interactive exercises.</li> <li>- Present the core content, covering key concepts related to self-motivation. Use various teaching methods, including lectures, multimedia, and class discussions. Encourage active participation and questions.</li> <li>- Incorporate interactive activities that encourage students to apply what they've learned. Activities can include goal-setting exercises, self-assessment, group discussions, or case studies. Ensure that these activities align with the learning objectives.</li> </ul> |
| - Warming up   | Begin with an engaging introduction to the topic and establish the relevance of self-motivation in vocational success. State the lesson objectives  |
| - Explanation for the students at the start  | The core of the lesson involves presenting key concepts, strategies, and case studies related to self-motivation. This can be done through lectures, presentations, videos, and group discussions.  |
| - Task description for the students  | <p>Take a few minutes to reflect on your vocational aspirations. What career or vocational field are you interested in? What are your long-term and short-term goals within this field? Be specific and realistic in your goal setting.</p> <p>Write down at least two short-term goals (goals you want to achieve in the next 6-12 months) and two long-term goals (goals you want to achieve in the next 1-5 years). These goals can be related to skill development, career advancement, or personal growth within your chosen field.</p> <p>Share your goals with a partner or a small group of</p>   |



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|  | classmates. Discuss your goals, and provide each other with feedback and suggestions.  |
| - Additional activities for the students | <p>In addition to the task of setting and tracking vocational goals, you can include additional activities to enhance the learning experience and reinforce the concept of self-motivation. Here are some ideas of extra activities for students during the lesson:</p> <ul style="list-style-type: none"><li>- pair students to act as peer coaches for each other. In these sessions, students can discuss their vocational goals, share their progress, and provide encouragement and feedback. Peer coaching promotes collaboration and mutual motivation.</li><li>- ask students to engage in a goal visualization exercise. They can create vision boards, draw mind maps, or write letters to their future selves, visualizing their vocational success. This activity reinforces the power of visualization in motivation.</li><li>- discuss the concept of a growth mindset, emphasizing the idea that abilities and intelligence can be developed through dedication and hard work. Students can share personal experiences of how adopting a growth mindset has motivated them.</li><li>- encourage students to create and share positive affirmations related to their vocational goals. They can write these affirmations on sticky notes and post them on their workstations to serve as daily reminders of their motivations.</li></ul> |
| - Extra resources for learners           | <p>TED talks:</p> <p><a href="https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action">https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action</a></p> <p><a href="https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance">https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance</a></p> <p><a href="https://www.tonyrobbins.com/what-is-self-motivation/">https://www.tonyrobbins.com/what-is-self-motivation/</a></p> <p><a href="https://www.brainyquote.com/topics/motivational">https://www.brainyquote.com/topics/motivational</a></p>  |
| - Self-reflection for students           | <p>You can assign reflective activities or homework that encourage students to apply self-motivation principles in their vocational contexts. Homework can include setting personal goals, maintaining a learning journal, or engaging in self-assessment.</p>   |



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| <p>- Feedback on the solution (if applicable) / Possibility to check</p>   | <p>After the lesson, evaluate its effectiveness. Seek feedback from students to identify strengths and areas for improvement in your teaching methods and content delivery.</p> |
| <p>License information (if we have a general one on the website, it is not necessary separately for each educational material)</p> | <p>None</p>   |