

Applying Yourself

VIDA Parent Workshops 2014-2015

*Keep a definite goal of
achievement constantly in view.
Realize that work well and
worthily done makes life truly
worth living.*

Grenville Kleiser

Theories That Influence Motivation

Self-determination theory: Competence, relatedness, and autonomy (these are our basic human needs that control our willingness to engage in any given task or environment)

Attribution theory: When we attribute success or failure to factors within our control, we feel more motivated to exert effort the next time.

According to Forbes Magazine, there are eight unexpected rewards when a person fully applies himself or herself. These rewards also apply to students.

1. Discover New Skills

When a student fully applies himself or herself, he or she realizes that he or she can do more than he or she ever imagined. He or she discovers new skills, talents, and abilities that he or she never before knew he or she possessed. One never knows what one is capable of until he or she really tries. Students must trust himself or herself enough to take risks that he or she were afraid in the past to take. Students also must quit focusing on what others want them to be or do and have faith in himself or herself.

There is no telling what skills a student is capable of unleashing.

2. See opportunities more clearly.

When a student puts everything he or she has into his or her work, he or she opportunities not seen before be creating a new awareness of the student's surroundings. As the student better understands how the classroom and school system works, the student becomes better able to develop greater attention to detail and strategic focus.

3. Learn to navigate the classroom

A student that is applying himself or herself will better understand what the school and the course requires of he or she and how to navigate them both. If a student is not actively applying himself or herself in school, he or she will never understand how to successfully negotiate school.

4. Resources become abundant.

The more a student does, the more he or she learns. The more a student learns, the less uncertain he or she is of school and what it requires. When a student sees things more clearly, he or she will learn what resources are available to assist he or she in learning and doing well in school; teacher relationships, technology, student study groups, and other tools.

5. Relationships grow.

As a student applies himself or herself in school, he or she begins to attract other students that are doing the same. The student also gains the positive notice of teachers and administrators. These new relationships enforce success and create new opportunities inside and outside of the classroom.

6. Value Yourself

As a student applies himself or herself, he or she begins to recognize his or her ability to influence others and the how the student is growing intellectually. The positive impact the student makes in the classroom translates into new confidence for the student as he or she realizes the positive attitude he or she is displaying is infectious in others.

7. Learn to Reinvent Yourself

The student's new understanding of what happens when he or she fully apply themselves gives he or she the the insight, wisdom, and courage to continually test his or her ideas and ideals. A student will never know what it means to discover his or her full potential until he or she trusts himself or herself enough to put his or her true talent to the test. The student is aware of the value of investing in himself or herself.

8. Build a Reputation

As a student applies himself or herself, earns better grades, gains confidence, and becomes a recognized leader in the classroom and school, he or she gains a reputation as a good student and that will assist he or she in gaining such things as academic awards, leadership opportunities, internships, and admission and scholarships to college.

10 Things Every Parent Can Do

- Fill your child's world with **reading!**
- Encourage him or her to express **opinions**, talk about **feelings**, and make **choices**.
- Show **enthusiasm for your child's interests** and encourage him or her to explore subjects that fascinate him or her
- Provide play opportunities that support different learning styles
- Share the new things that **you** learn with enthusiasm.
- Ask about what he or she's **learning** in school, not about his or her grades or test scores
- Help your child **organize** school and assignments so **they feel in control** of their work
- **Celebrate** achievements, no matter how small
- **Focus on strengths**, encouraging developing talents
- Turn everyday into **learning opportunities** (explore, question, connect!)

Final Thought

We live in deeds, not years; in thoughts, not figures on a dial. We should count time by heart throbs. He most lives who thinks most, feels the noblest, acts the best.

-Philip James Bailey