

## Impacting Motivation and Self-Esteem: *The Highly Engaged Classroom*

Emotions	Interest	Importance	Self-Efficacy
Use effective pacing. Incorporate physical movement. Demonstrate intensity and enthusiasm. Use humor. Build positive teacher-student relationships.	Use games. Initiate friendly controversy. Present unusual information. Question to increase response rates.	Connect to student lives. Connect to students' ambitions. Encourage application of knowledge.	Have students track and study their progress. Use effective verbal feedback. Provide examples of self-efficacy.

(Source: Marzano, Pickering, & Heflebower, 2011)

### Checklist for Teachers

- I help students set personal academic goals and track their own progress over time.
- I have students examine and reflect on their effort and preparation for assignments and assessments.
- I have students connect to their personal theories about learning.
- I avoid verbal feedback that could create a fixed mindset.
- I use stories and quotes to promote a growth mindset.

**John Hattie (2009):** “Teachers would have more success if they addressed students’ low self-efficacy before trying to raise their achievement.”

(Highly Engaged, page 1 of 1)