The Common Core State Standards describe the essential knowledge and skills that students should master. But where are the standards for the qualities that are at the heart of all learning? We believe that to meet learning goals while creating independent lifelong learners, classrooms and schools should adhere to the following 10 standards for engagement and motivation.

ReLeah Cossett Lent and Barry Gilmore

ReLeah Cossett Lent (rlent@tds.net) is an education writer and consultant living in Morganton, Georgia. Barry Gilmore (barry.gilmore@bellsouth.net) is middle school head at Hutchison School in Memphis, Tennessee. Their book Common Core CPR: What About the Adolescents Who Struggle . . . Or Just Don’t Care? (Corwin, 2013) includes an expanded discussion of these standards for motivation and engagement.

1. Active learning permeates instruction.
   Students interact with instructional materials in ways that promote critical thinking, inquiry, and problem solving.

5. Technology is used appropriately to increase learning opportunities and depth of study.
   Students have access to a wide variety of devices, which are used to increase engagement and to prepare students for their futures in higher education and the workplace.

   Students receive timely, ongoing feedback during learning, and they are asked to demonstrate their learning in authentic, relevant ways.
Lessons and projects incorporate student autonomy.
Students develop a sense of control over their own learning when they are given choices about texts, partners for projects, performance assessments, writing topics, and so on.

Relevance creates authentic purposes for learning.
When students ask “Why do I need to learn this?” teachers have an answer that builds students’ connection to the material and their investment in learning about it.

Students have frequent opportunities for collaboration.
Teachers use such strategies as inquiry groups, literature circles, seminars, partner reading, peer revision, and more.

Multiple learning methods create opportunities for intellectual growth.
Students learn through a wide range of instructional activities, such as discussions, webquests, small-group collaboration, individual reflection, writing to learn, and interdisciplinary projects.

The right balance of challenge and success creates a climate for independence.
Tasks are challenging enough to interest each learner but not so challenging that frustration preempts learning.

Differentiation and scaffolding ensure that every student has opportunities to learn well.
Differentiation of texts, content, assignments, and feedback keeps students engaged while they receive targeted, individualized support in moving toward independence.

Inquiry promotes a sense of curiosity and a desire to learn.
Learning is sometimes inquiry-based or problem-based, giving students opportunities to research, evaluate, analyze, adapt, and create.
Motivation is the experience of desire or aversion (you want something, or want to avoid or escape something). As such, motivation has both an objective aspect (a goal or thing you aspire to) and an internal or subjective aspect (it is you that wants the thing or wants it to go away). At minimum, motivation requires the biological substrate for physical sensations of pleasure and pain; animals can thus want or disdain specific objects based on sense perception and experience. Motivation goes on to The motivation statement is a personal statement, up to one page long. The document is written and used to submit application for University program or to apply for job. A motivational statement can really improve your odds to get the position on the University or the job, because good motivation statement can impress selection panel if you have done your home-work. What are the key information that every motivation statement should contain?
A motivational letter is a one-page letter that’s used to describe why you are the perfect candidate for a certain position. It is usually attached to your resume. You are required to write a motivational letter in these 4 specific scenarios...Á The Structure of a Motivational Letter. Create My Motivation Letter. Whichever structure you go for, it should consist of 3 main parts: the introduction, body, and conclusion. Here’s what to include in each one 10 Standards for Motivation. Our 5th and 6th grade teachers are incorporating effective instructional strategies to motivate students! Miss Lawrence.Á The right balance of challenge and success creates a climate for independence. 7. The right balance of challenge and success creates a climate for independence. edit. delete. more_horiz. 6. Multiple learning methods create opportunities for intellectual growth. 6. Multiple learning methods create opportunities for intellectual growth. edit. delete. áœSelf-motivation . . . requires personal standards against which to evaluate ongoing performance. By making self-satisfaction conditional on a certain level of performance, individuals create self-inducements to persist in their efforts until their performances match internal standards.Á When we are motivated for our own internal reasons and committed to reach our goals for personal fulfillment rather than meeting the standards of others, we are more likely to succeed. Sometimes, all we need is a quick reminder that áœYes I can! Extrinsic motivation means that the individual’s motivational stimuli are coming from outside. In other words, our desires to perform a task are controlled by an outside source. Note that even though the stimuli are coming from outside, the result of performing the task will still be rewarding for the individual performing the task. Extrinsic motivation is external in nature. The most well-known and the most debated motivation is money. Below are some other examples: Employee of the month award. Looking for motivation to achieve your dreams? But what is motivation? This guide will introduce you to 9 types of motivation that will help you to reach all of your goals!Á Dylan is Lifehack’s Motivation Expert specializing in self-development, with extensive experience working for life coaches and startups. Read full profile. Share.