

Student Motivation

Do You Believe that You Can Do Well on the Tests that You Take?

Teacher Lesson Plan

Secondary Grades: 6-12

Purpose: This lesson focuses on student motivation utilizing a “positive self-talk” strategy.

Lesson Time: 30 minutes

Activity: Teacher-directed small group or whole class discussion.

Questions for discussion BEFORE using the Student Reflection Sheet:

- How many of you talk or converse with yourself? Everyone talks to himself or herself and we have two distinct paths we can take, the encouraging path or the discouraging path.
- Who plays sports? Who is in the band or chorus? Has anyone given a speech or been on stage? What do you say to yourself just before the game or performance? Do you encourage yourself or discourage yourself? Do you think it is better to say positive (good) things or negative (bad) things? Why?

Read and discuss SECTION I:

- Let’s read about - what you might say when you talk to yourself before a test.

Read and discuss SECTION II:

- Let’s talk about WHY you should have confidence that you will do okay on your upcoming test.
- Read and discuss the questions:
Have you gone to school most days this year? We have worked on the skills you need in order to do well on the test. Raise your hand if you remember working on ... (name skills).
Did you complete most of the assignments? The assignments we have worked on will help you do better on the test. Do you know what you did well on? Do you understand the mistakes you made?
Did you work hard at improving your school work? Did you focus? Did you listen? Did you ask questions? Did you put forth effort?

Now let’s BRAINSTORM a list of some other things you have done that will help you do well on the upcoming test.

Possible answers: Complete homework, work with a tutor, go to after-school or before school review classes, read extra books, study, reflect, etc.

Students who have put forth effective effort should not be fearful of impending exams. Their self-talk should be encouraging and should focus on the positive reasons why they should do well.

Name _____ Date _____

Student Reflection Sheet – Secondary Level
Do You Believe that You Can Do Well on the Tests that You Take?

The first step in doing well on a test is having the belief that you will do well!

THOUGHTS → ACTIONS

The way you THINK controls the way you ACT. In other words, what you think controls what you do.

Section I

For example, when you take a reading, mathematics, science or social studies test and start to answer the difficult questions, what conversation do you have with yourself?

Do you say?
Statement 1: “These questions are too hard, I can’t do them.”

Or do you say?
Statement 2: “These questions are hard, but I’m going to figure them out!”

Our self-talk conversation can go in two directions. One way encourages us to go after challenges and the other way persuades us to avoid difficult projects, assignments or tests.

Everyone has the choice to take either path. However, it is critical that we learn to take the “encouraging” path and realize that we have the confidence to attempt things that are challenging or difficult.

If you say statement 1: “These questions are too hard, I can’t do them!” Guess what? You probably won’t be able to answer the questions. When you tell yourself you can’t do something, you stop trying. If you think you can’t do something and you stop trying, there is no way you can be successful.

If you say statement 2: “These questions are hard, but I’m going to figure them out!” You have a much better chance of answering them correctly. It is important to try and answer as many questions as you can.

Section II

Remember the way you THINK controls the way you ACT.

Now, let’s look at the many reasons why you should THINK positively about figuring out the test questions you will be asked.

- Have you gone to school most days this year?
- Did you complete most of the assignments your teacher(s) asked you to do?
- Did you work hard at improving your school work?

List other things that you have done that will help you do well on an upcoming test.

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The School District of Palm Beach County, FL
Department of Safe Schools

Single School Culture © for ACADEMICS
Material adapted from Your “Get Smart” Toolkit –Efficacy Institute

Name _____

Date _____

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