Teacher Motivation

Annual Teachers’ and Advisers’ CPD week
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Motivation
What demotivates you?
Demotivating Factors

- The Education System
- Social Recognition
- Lack of Flexibility and Autonomy
- Students’ behaviour and attitude
- Crowded classes
- Amount of Work
- Unsupportive Relationships
- Lack of materials and limited facilities
- Low Wages
- Lack of intellectual challenge
- High expectations
Any solutions to Demotivation?
Solutions to Demotivation

- Decision-making power
- Fair and objective evaluation
- Reducing teaching workload and ratio
- Administrative and Teaching support
- Opportunities for development
- Teacher-training programmes (ERA)
- Observing colleagues
- Work-life balance
- Self-motivating strategies
- Reflect and analyse
- Cooperation and Communication
- Empathising with students
- Seek professional help
Focus on positive emotions
Avoid excessive negative emotions
Express gratitude
Think or write about happy memories
Revisit images of past learning experiences
Imagine your ideal teacher self in the future
Write narrative descriptions of the teacher you would like to become
Remember why you joined the profession
Recognise your gifts

Positive Psychology
Reflective Techniques

- Reflective journals, diaries or portfolios
- Communicate with other teachers
- Share experiences
- Classroom observations
- Feedback from teachers, supervisors or students
- Record your lessons
- Action Research
What motivates you?
Motivating factors

- Recognition
- Relationships with colleagues
- Teacher-student relationships
- Job security
- Independence
- Working environment
- Successful activities
- Guaranteed pay
- Loving the subject
- Intellectual stimulation
- Helping others
- Meaningful task
Final remarks

Self-care

Motivated Teacher = Motivated Students

I pledge to secure my mask first.
Thank you very much

Any questions or comments?

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