



6 Keys to Study Success

5 Steps

TO MOTIVATE YOUR UNMOTIVATED TEEN!



WITH LEARNING COACH SARAH BRAZENOR

WELCOME



As our children return to school yet again, many of them are struggling to stay motivated to study. Let's be honest, Teen's aren't always the most motivated age group. However, perhaps this might be the first time your child has really lost the desire for schoolwork or this opening and closing of school has further increased their dislike of learning.

With all the talk of "catching up" and "missed learning" just increasing the pressure on them it's no wonder your children can begin to lose the desire to study. Let alone begin to enjoy learning and find it fun.

This is why I have put together this guide for you. This guide is written based on my experience working with hundreds of Teens over the last seven years. Motivation to learn is a big problem for many students and I hope the five steps detailed below at least give you some new ideas on how to tackle the problem.



MY AIMS

In this guide I hope to introduce you to some of the techniques I use with students. These techniques include Neuro Linguistic Programming (NLP), Word Weaving and Life Coaching.

I love working with young people because they have the ability to change their beliefs and actions very quickly.

My aim is that you will be able to explore some of these ideas with your own children and see a positive change in their engagement in their school work.

Trust me, it is possible to get those changes, when you tap into the brain in the right way.

Let's begin...

WHY ARE THEY DEMOTIVATED IN THE FIRST PLACE?

Before we go any further it's really important to understand their "why".

This can only be done by asking the question and diving deep into the reasons. Everyone's reasons for being demotivated will be different and below are some suggestions for you to explore.

- **They've missed so much content they can't be bothered to try and catch up**
- **There's too much pressure, so given up.**
- **Exams are cancelled so no point in studying.**
- **Prefer learning at home, to being back at school.**
- **Prefer doing anything but school work.**
- **Don't see the point of trying as they will fail anyway.**

Often the reason for being demotivated is linked to a fear of failing or a fear of not being good enough. Once you've identified the reasons for being demotivated we can move onto step two.

If you are struggling to get to 'their why', please feel free to drop me an email at Sarah@connective-learning.co.uk and I'll see how I can help.

WHAT DOES MOTIVATE THEM?

We have identified why they are not motivated with schoolwork, now we can find out what does motivate them to do other things.

Gaming

What teenager (boys mainly) doesn't love gaming. But the magic is finding out the why. Is it because they:

- like winning
- blowing things up
- making things
- being in a team
- or the pace of the game.

It's really interesting when you start asking the questions.

Some sort of exercise; running; cycling; team sports or something else.

If they love being active it's important to know why. Again is it to be social, to win, to be moving? Their reasons may surprise you, but it will help us understand their motivation.

Listening to music, playing and instrument or singing.

Again, why do they enjoy it. These are just a few of suggestions but you know your child best and don't give up if they are not initially forthcoming with their reasons why. They may not have really thought about why they enjoy doing something. Teenagers are particularly good at one word answers so keep on digging. It will be worth it.

Once you've identified what they enjoy doing and why we can move onto step 3.

DON'T CONFUSE YOUR MOTIVATION WITH THEIRS

As parents we want what's best for our children but sometimes our wishes for their success are not perfectly aligned with theirs. Even worse we can negatively impact our children without realising.

I often hear parents say things that can impact their children in a negative way without them realising it.

Let me give you some examples:

"I was rubbish at Maths and I don't want you to be."

"School didn't work for me, so it has to work for you."

"I had to work hard, so you will too."

"You need a backup plan, in case you're not successful in what you want to do."

All of the above statements can be interpreted negatively by children so they may think the following in response:

"I am rubbish at maths like mum/dad what chance do I have to succeed"

"School doesn't work for me like it didn't work for my mum/dad"

"I'm not working hard enough"

"I don't want their back up plan."

Often what motivates us, doesn't motivate our children and can actually be adding to their stress. It is really hard to stand back and let our children take a different path to us. When I am working with students and they tell me they have to get a "6" in Maths or do A levels to go to Uni I'll ask them why. If they start the reply with and I then its generally their wishes. If they start with a because so and so told me too then we dig deeper to find their motivation.

Please don't take away from this step that their lack of motivation is down to you. I just wanted to highlight that what we think and say will effect our children both positively and negatively.

So now we are clear on why they are demotivated, what motivates them and how we can influence them.

We are ready for step 4.



FOCUS ON JUST IMPROVING ONE THING TO START WITH

If they are really demotivated with schoolwork we have to find that one tiny thing we can work on. By asking the question *“what one thing do you like at school”* we can begin.

What do you do if they say nothing?

Reframe the question to *“if you had to like one thing at school, what one thing would you pick?”*

You’ll likely get answers like home time, break time, lunch time but then we can start with something.

With the most stubborn students who focus on home time we can then ask them which lessons are the last lessons of the day. Trust me they will know.

Then you say out of the five last lessons rank them in best to worst. Once you have a best last lesson you can then ask what is good about this lesson. It could be the teacher, subject, where they sit in the classroom.

What we are aiming to do here is reframe their thinking from it’s awful to it’s okay.

Once you get them seeing some positive in something they believe to be negative we are on the way to them becoming motivated.

The language we use is so important and helping the demotivated learner find something positive to focus on is the start of the motivation process.

If you’re not getting anywhere with finding the positives, drop me an email, happy to help.

This leads us nicely onto step five.

TAKE THE PRESSURE AWAY

There are so many pressures on our children to succeed at school we need to reduce this whenever possible.

Schools have to hit targets, but our children don't. Don't get sucked into the schools' targets. They may be too high or too low for your child. Make sure you understand what those targets mean for your child and whether they are realistic or not.

Actually, taking the pressure off your child can have a motivating effect. It's quite amazing how many students suddenly start working when you say it doesn't matter if they pass or not.

Then take the pressure off yourself. You can only guide and support your child to do their best. Achieving a lifelong love of learning is much more important than hitting target grades at school.

Just sharing that belief with them can take the pressure away and they begin to work differently.

Talking as a parent I know how much we worry about our children. However I can talk from personal experience that if you give the right messages over time they will sink in. They will blossom at the right time for them.



CASE STUDY

Steven was a bright but lazy student. His target GCSE grades are all 6/7. Although not naughty in school his teacher's keep saying he could pay attention more and work harder. Steven didn't see the point. During the first lockdown Steven didn't do much work. Online lessons weren't available and teacher's didn't follow up. He had 6 months off school and perfected his gaming skills.

He returned to school after the first lock down but still found lessons boring. Then came the next lockdown and online lessons did happen. He found them really boring and struggled to stay motivated. He was ready to go back to school.

He still finds lessons boring but he has decided during lock down he wants to pursue a career in either cyber security or the gaming world. They are massively growing industries with a short fall of good candidates. He discovered this when gaming during lock down and explored the career possibilities.

He's now worked out what he needs to do to succeed and his motivation has kicked in.

Steven is my younger son and has caused me loads of mental stress but I knew there would come a time when all his thoughts aligned. He's set his own exam targets and isn't bothered by what school says. All I have done is implement the five steps I listed above and taken the pressure off myself and him and he seems to be on the right path now. The five steps are based on personal experience with both my own children and the students I work with.

Please give the five steps a go and let me know how you get on.

If you feel you need a bit more support to help your child then below are the ways you can work with me.

WORKING WITH ME

Discovery session £99

This one hour coaching session will dig deep into your child's lack of motivation. We will work through steps 1-5 and identify the problems and more importantly the solutions.

Study Success Programme V2.0 £599

This most comprehensive programme is guaranteed to help students discover their natural learning ability and much more. They will grow in confidence and for perhaps the first time have a study strategy that works for them. The most important thing is that they will begin to love learning and you will begin to see them achieving their best.

The unlimited 121 coaching sessions means they have all the personal support they need to succeed. Imagine how you will feel when they become confident in their study skills and start enjoying learning. If you'd like to find out if this is right for you child please [book a call to discuss it further here.](#)

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