MOTIVATIONAL STRATEGIES FOR PUPILS WITH LOW SELF CONFIDENCE

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Pupils with low self-confidence find it hard to cope up with academic demands and school challenges. Low self-confidence contributes to the school failure that many pupils with emotional and behavioral disorders experience.

Without healthy self-confidence, pupils may give up academically because they do not expect to be successful in school and they anticipate failure in everything they try or do. Children often put themselves down and ignore or minimize praise and compliment from others, in particular from teachers, so, school staff and parents must intervene skillfully to help these children overcome a learned helpless response pattern.

The following are motivational strategies that would work for pupils with low self-confidence:

1. Challenge the pupils’ belief that ability is fixed. We can increase our skill or ability in doing a task. We should help the child focus on the task rather than on his/her abilities.

2. Define success as improvement. Do not compare a child with the other.

3. Link effort with performance. Tell the child that he is improving his skills because he works hard.

4. Make sure that the child clearly sees the connection between his own effort and school success.
5. Your praise should be specific. Minimize praising the student for doing easy tasks and at the same time, praise the child for his willingness to engage in academic tasks and his persistence.

6. Use constructive feedback.

Pupils tend to hurdle school challenges when they feel confident that they can. Teachers' role is not only to develop their minds but also, to mold them holistically. If a teacher can boost her pupil’s self-confidence, by then she equips her learner a lifetime gear towards success.