POSITIVE REINFORCEMENT BUILDS CONFIDENCE

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Studies have shown that positive reinforcement has much more of an effect than any other disciplinary method. Students may feel they are worthy and good things have done. These are some suggestions when providing a positive reinforcement.

Timing is Everything

Positive reinforcement is more effective after the behaviour has been done. It will make a positive attitude towards the students. The shorter the amount of time, the stronger the relevancy and connection will be to the behavior and positive reinforcement. It boosts their mood to do things right. Timing is important it should be given on a perfect timing. If you commend your student on everything he or she does, it will sound a bit phony and eventually, it will lose its power. That being said, it is also not a good idea to reserve praise for only extremely noteworthy events.

Encouragement Builds Confidence

If students feel they are unloved their self-confidence lessens. They are constantly hearing what they are doing wrong instead of right, which causes them feelings of self-doubt and hopelessness. It may resulted to poor academic performance, low self-esteem, avoidance to everyone their social life will also be affected. In contrary, if the person felt they are accepted and reinforce positively they are encourage to do things right. A little encouragement brings a big change to the life of an individual.
Avoid Accidental Reinforcement

Parents and teacher must be aware in giving reinforcement. Money and gifts as reward may motivate the child but it is only for a short term span. Giving raise and recognition through words is more valuable because it sinks to the mind of the child. It also touches their emotional well-being so they feel they are good enough. In a world where praise and commendations are offered few and far between, we need to remember that positive reinforcement is what allows students to repeat good behavior. Sometimes child do their best when they felt their self-worth and it make them to become successful. Negative feedbacks may cause self-pity, discouragements and disappointments with these child will do less because of fear and failure.

Teachers give praises to students to their accomplishments even in a simple way so they will be motivated. Parents must give recognition to their child so that they will feel the love, care and appreciation. It’s also much easier to encourage behaviors than to discourage them, making reinforcement a more powerful tool than punishment in most cases.

References:

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