



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



MOTIVATION IN THE CONTEXT OF DISTANCE EDUCATION

TOOL: Prevention

TARGET AUDIENCE: Secondary | Post-secondary

TOOL INTENDED FOR: Professionals



Centre RBC
d'expertise universitaire
en santé mentale



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– Details: Teachers, professors and psychosocial professionals in secondary schools, CEGEPs and universities.

TARGET AUDIENCE: Secondary | Post-secondary

– All secondary and post-secondary students who are experiencing a decrease in motivation for their studies.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Secondary and post-secondary students who have or at risk of having the following signs:
 - Loss or decrease in motivation;
 - Procrastination issues;
 - Questioning the relevance of their studies;
 - Organizational problems.

SPECIFIC GOALS

- To understand how motivation works;
- To acquire practical, tailored tools to increase motivation.

TOOL CONTENT

This document helps readers to:

- Become familiar with various psychological needs underlying motivation;
- Become familiar with various types of motivation;
- Understand the mechanisms that cause motivation or lack of motivation;
- Become familiar with various strategies to increase motivation.

USEFUL RESOURCES

Centre RBC d'expertise universitaire en santé mentale
<https://sante-mentale-jeunesse.usherbrooke.ca/>

RBC Centre Facebook page
<https://www.facebook.com/CentreRBCdexpertise/>

