

Homeschool Success Masterclass



Session 4: Motivating Teens and Avoiding Attitudes and Discouragement

Why kids shut down.

Stress

Frustration

[Learn about some successful people with dyslexia.](#)

Focus

Short term helps

Taking a break or deschooling

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[Bonus Guide: Guide to Deschooling](#)

Add some accountability

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Use interest-led learning

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Tutoring

Focus on strengths

Cultivate a growth mindset

[Article] [What are Growth Mindsets](#)

[Article] [How to Teach Kids to Have a Growth Mindset](#)

The science of motivation

Self-determination Theory



Self-determination Theory

- **Autonomy:** giving choice and some control
- **Competence:** giving an appropriate challenge
- **Relatedness:** working with others, being **connected**



How to give more autonomy

How to foster a sense of competency

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How to create relatedness in learning

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Questions?

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