



**YOUR**

**BEST**

**SCHOOL  
YEAR**

**NOW**

**7.25<sup>+</sup> ACTIONABLE STRATEGIES TO ELIMINATE  
TEACHER BURNOUT & STUDENT DROPOUT**

 **KANTIS SIMMONS**

# 7.25+ ACTIONABLE STRATEGIES TO ELIMINATE TEACHER BURNOUT & STUDENT DROPOUT



## ABOUT KANTIS SIMMONS

Can I keep it real with you?

I know you are here to read this awesome resource, but I have to admit there are some things in our education system that are bothering me. There are some stats that contribute to the disturbing academic failure epidemic, teacher turnover rate, and trillion-dollar student loan debt crisis sweeping across America's schools and colleges.



- 7,000 students drop out every single school day
- 1.3 million students fail to graduate from high school every year
- Only 33% of college freshmen graduate (in 5 years or less) and find a job in their field
- 46% of new teachers quit within the first five years
- Only 16% of American high school seniors are proficient in math and interested in a science career
- USA is ranked #25 in math and #17 in science out of 31 countries
- 25 years ago, the USA was #1 in graduation rates. Today, we are #17

Because of these disturbing numbers, I left my research scientist career to serve and solve the problems within our education system.

I'm happy to say that I'm on a mission, and the schools that have gone through my "Playing Your 'A' Game" Academic Success Program are seeing a 15-23% improvement in student performance and test scores.

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More and more students and families are equipped to go to college because of my “Pay for College” funding strategies. Educators are more fired up today, and schools are retaining more teachers due to my “Educate to Elevate” teacher motivation program.

There is still a lot of work to be done, but together we can put our minds, resources, ideas, and strategies to continue to make an impact. Just in case you are wondering about my educational background...

I've spent 25 years in school. YES!!! 25 years in school.

Five years in pre-K, seven years in elementary school, five years in high school, four years in college, and four more years in grad school.

I have a Bachelor of Science degree in Chemistry from Norfolk State University (Norfolk, VA), a Master of Science degree in Polymer Science & Engineering from Lehigh University (Bethlehem, PA), and a Master of Science degree in Textile and Fiber Engineering from Georgia Tech (Atlanta, GA). Yep, I'm passionate about science and education.

My scientific career includes developing new products for Mobil Chemical Company (Covington, GA), creating new contact lens products for CIBA Vision (Johns Creek, GA), and improving aircrafts, space shuttles, and military jets for NASA Langley Research Center (Langley, VA).

After more than a decade of working in the lab, solving scientific problems for the government and corporate industries; today, I travel the world solving the problems of students, parents, educators, schools, and colleges by delivering speeches, creating courses, and writing books.

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As you may notice from some of my videos, pictures, or even if you heard me speak live, I was born with a birth defect. Yes, I was born with 7.25 fingers, but today I use the mental "mess", low self-esteem mess, and acceptance "mess" of my past to share a humorous life-changing message. I share my proven 7.25 Finger Secrets on academic success, college readiness, teacher motivation, and STEM education

To see videos of me in action, read my blogs, or listen to my podcast, or to hear of reviews from other educators, and students, visit [KantisSimmons.com](http://KantisSimmons.com) or email me directly at [kantis@kantissimmons.com](mailto:kantis@kantissimmons.com).

I want to welcome you to this special report on 7.25+ great ideas for motivating your teachers and students.

Now I understand the importance of teaching and those whose profession is teacher and educator. Teaching is the one profession that creates all other professions.

I was raised in what you might call a middle class, "broke" family. This is where my mom and my father lived together. Nice green grass, nice house, but they were always broke - middle class broke. My mom and dad worked full time jobs and the only time we could take vacation was on the weekend because we were middle class broke. My mom and dad didn't have all the luxuries in life, but they knew how to use what they had.

Now I say that to you because whether your school has a huge budget for motivating both teachers and students, or it has a small budget, or no budget at all, I'm encouraging you to use what you have. I'm going to share with you some ideas that I've accumulated over the last decade while working with students, parents, teachers, schools, and school districts.

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Some of these ideas I've borrowed from other schools and other school districts, but I want to share them with you because motivating your teachers and students should be a high priority within your school.

I realize that mediocre teachers tell, the good teachers explain, the superior teachers demonstrate, and the great teachers inspire. But how can you have a great teacher to inspire, when he or she needs to be inspired herself?

A teacher affects eternity. He or she can never tell where his or her influence stops.

So, let's start with your school staff...

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**HERE ARE 7.25+ GREAT IDEAS FOR MOTIVATING  
YOUR TEACHERS SO THEY WON'T BURNOUT**

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## **#1 - PLAN NOON HOUR LUNCHES**

Plan noon hour lunches for all the staff members several times a year. Now, don't leave out the paraprofessionals, the school secretaries, or the custodians.

These lunches can be moving lunches in which people can eat during their regularly scheduled lunch period, or they can be whole staff lunches that kick off professional development sessions scheduled for the PM part of the day. Plan noon hour lunches.

## **#2 - ORGANIZE SMALL FUNDRAISING ACTIVITIES**

Organize small fundraising activities to raise money for an allstaff holiday or end-of-year banquet.

For example, several times during the year you can allow your teachers to pay \$2.00 to dress casually for the day, and that money can be used to fund your end-of-year

holiday activity. Use a small incentive, activity, or venture to fund a larger fundraising activity.

### **#3 - CONTACT LOCAL BUSINESS FOR GIFTS & PRIZES**

Contact local restaurants, sport franchises, movie houses, art centers, or other businesses to arrange for gifts, gift certificates, tickets, or discounted coupons that you can use as special prizes for teachers or coaches who volunteer their time or who go above and beyond.

Partner with businesses in your community to see what they can offer so that you can reward those teachers for their efforts.

### **#4 - ENCOURAGE CONTINUED PERSONAL DEVELOPMENT**

Encourage teachers to seek out professional development courses or workshops.

Now you want to approve all of the reasonable requests. Then get extra mileage out of those sessions by setting aside a time during your staff meetings, or arranging a



special professional development day so that a teacher who went to the professional development course can come back and share that information with all the staff at your school. You get that?

So encourage teachers to go to professional development workshops and conferences, and when they come back, encourage them to share that information with everyone else at your school.

## **#5 - BUILD COMMUNITY INVOLVEMENT THROUGH PARTNERSHIPS**

Encourage/Persuade teachers to ask for the instructional supplies they require to facilitate teaching and learning.

Encourage them to go out in the community and submit requests from your budget to enlist help from local politicians or business people to provide all the needed resources and supplies for their classroom.

You can even take this to another level by encouraging your teachers to take the initiative to go out to politicians, churches, and communities to get the things that needed for your school. So give them a part, or responsibility, in

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bringing in supplies and resources for the school and for their classroom.

## **#6 - ORGANIZE A TRIP TO THE MOVIES**

I love this one.

Simply organize a trip to the movies. Just gather all of your teachers and say, *"Hey, on this Friday night, we're going to the movies."*

Pretty simple right?

## **#7 - APPOINT A "PRINCIPAL OF THE DAY"**

Appoint a teacher to be acting principal when the principal is out of the building.

This usually convinces them that they love being a teacher. If you're a principal and there's a day that you're out of the school, go ahead and appoint another teacher to be the principal for a day. Give them the opportunity to see how it is to be a principal.

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That will really motivate them to see as you see, and feel as you feel as a principal. And I guarantee you they'll probably be happy to go back to being a teacher!

## **#8 -COMBINE HOLIDAYS CREATE NEW TRADITIONS**

Now In the month of December, holidays can be a very busy time. Instead of adding one more thing to do during the holidays, or one more expense to the month of December, why not spread around the fun to another month?

In October, for example, you could hold what I call "Secret Spook Week". The teachers who want to participate can fill out a profile form of simple questions. This profile form could ask them about their favorite colors, favorite foods, drinks, their hobbies, and so on.

Then everyone that participates draws from another staff member's profile and becomes that person's "secret spook". Each "secret spook" provides small token gifts to the other person all week long. The total amount that can be used for these gifts is \$10.00.

The same way that you may have like a "secret santa Santa" in the month of December and you find out what a person likes and give them a gift for \$10.00, how about in

October around the Halloween season have what we call a secret spook and then you have teachers, their profiles are exchanged and a teacher can go find a gift for another teacher \$10.00 just to encourage them.

### **#9- 'SAY IT' WITH A CARD**

Send cards to teachers! Cards to welcome them back after an illness, cards to celebrate a birthday, or cards to acknowledge important events or special achievements in their lives. You can even take another step by adding this copy, or adding this special achievement, to their personal file. I love what one of my friends Jonathan Sprinkles says:

*"Learn how to say thank you with a thing."*

So, anytime they do something great, say "thank you" with a thing. Maybe that thing can be a card, it can be a post card, it can be a gift card, it can be whatever you desire it to be, but make sure you take the time to motivate your teachers by acknowledging the time when they come back after an illness, their birthdays, or any special achievement.

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## **#10 - CREATE A COME TO WORK LATE PASS**

Once a semester, or once a quarter, provide all staff members with a come-late-to-work/no-questions-asked form. Yes, I said provide them with a come-late-to-work/no-questions-asked form. Give their form to staff members who are responsible for logging people in, or logging people when they are absent. That form represents two hours of time that can be taken at the start or end of the school day for any reason.

From sleeping in to getting a head start on the weekend. The only catch is that the form must be “cashed in” in advance so that arrangements can be made to not interrupt class sessions. Make sure the administrator, the principals, and all of the head people in the school sign off on that. Little things like this cost no money at all and it demonstrates that administrators are willing to go the extra mile for the teachers which they serve and who serve them.

## **#11- CREATE A HAPPY COFFEE CULTURE**



Provide free coffee in the teacher's lounge from 7:30 AM to 2:30 PM every single day. Yes, provide free coffee! Now if you're a coffee drinker I know you love this one. So provide coffee every single day, just in the teacher's lounge, from 7:30 AM to about 2:30 PM.

## **#12 - CELEBRATE TEACHER OF THE MONTH**

Select a teacher of the month.

Set aside a special parking space close to the main faculty entrance that is marked with a “Reserved for the Teacher of the Month” sign.

I love it when I go on school campuses and I see that big sign that says “Teacher of the Month”. At some schools they have a little label attached to the sign with the person's name.

That is so cool, and it's an easy way to motivate your teachers.

### **#13- BUILD THE TEAM VIA BOOKS**

NumberTo motivate professional development, arrange study groups perhaps organized by grade level to read a book, or discuss and research a hot topic. One of the ways to encourage teachers to grow and develop is by encouraging them all to read the same book or reseach a current topic. Then use that book, or current topic to launch a discussion.

### **#14 - DO TEACHER TAGALONGS**

Number fourteen,Set up a schedule to ensure that every educator makes at least two visits to other teachers' classrooms or to other schools during the school year. Arrange coverage for that teacher so when he or she wants to go to another classroom or school to visit, you have someone that can cover their class. You may set up a special arrangement with other schools to open their classrooms to your teachers, but teachers should also be able to make their own arrangements for visitations to other classes where they can learn through the grapevine.



## **#15 - FEED YOUR TEACHERS**

Number fifteen, Feed your teachers. Celebrate the end of busy week by arranging to have the cafeteria staff prepare a special continental breakfast. Beverages, muffins, rolls, coffee cakes, any type of desserts, every Friday morning. Even once a month would be really nice. Just once a month! Now don't forget to do something nice for the cafeteria workers a couple of times a year for doing this. Feed the teachers. Set up something special for them in the teacher's lounge that's prepared by the cafeteria staff at least once a month.

## **#16 - ORGANIZE INPUT GROUPS**

Make sure that everyone is on a committee that meets regularly and that they have real tasks and opportunities for input on school-level decision making.

Yes, I've seen schools where the principal sits on board by him- or herself, and everybody must just serve that principal and what he or she says. But how about taking the time to develop committees that meet regularly to talk about real tasks for the community and for the school? They can add valuable input to school-level decision making. Pretty cool, right?

## **#17 - ADD A DJ TO THE FACULTY MEETINGS**

Arrange to have music played or piped in during faculty meetings. Music stimulates the brain.

When you have a staff meeting, go ahead and maybe start off with a song, or put in certain types of music that can energize your teachers at the beginning of that staff meeting.



You can have everybody sort of dancing around, whether it's to pop, rock, R&B, hip hop, jazz, classical - whatever it may be - but use music as a way to motivate your teachers.

### **#18 - COMMEND THE OVERACHIEVERS**

Be sure to publicly commend staff members who go above and beyond outside of the school day.

You may have some teachers who volunteer to be part of district-wide or state-level committees, but whatever you can do to publicly acknowledge them for what they're doing outside of the classroom, then definitely do that.



## **#19 CREATE A SCHOOL 'DIY' PROJECT**

Approach the parent school association, local business partners, or other groups to gather materials and labor to accomplish various fixit projects that the Board of Education is unable to tackle.

Now I'm not sure of everything that's going on in your community or in your school district, but I'm pretty sure there are a lot of things in the school district that can be fixed. How about allowing the parent school association, the local business partners and other groups, to gather materials and to support all the projects that the Board of Education isn't currently tackling.

## **#20 - PLAN "JUST BECAUSE" FUN EVENTS**

Organize a social committee to plan events just for fun.

One such event might be a monthly "Treat your Friends Tuesday." I saw this at a school in Ohio.

Each month a different group of teachers brings themed food items to share during the day in the teacher's lounge. Every Tuesday, a group of teachers - and it can rotate - would treat their friends and other colleagues.

### **#21 CREATE 1/2 DAY OFF CERTIFICATES**

During teacher appreciation week, hold a daily drawing for a halfday off certificate.

The principal will cover the class when you take that time off.

Maybe once a week, or daily during teacher appreciation, hold a drawing where somebody can draw a name. The person that wins get a half day off.

### **#22 - THANK THEM PUBLICLY**

Make a spot on your weekly memo for a special thank you or congratulations to individuals or an entire team. For example, you can say something to teacher Mr. Smith: "Thank you, Mr. Smith for organizing Red Ribbon Week. Thanks for the extra effort on parent/ teacher conference



night. Thank you, Mr. Smith for the bulletin board fairy. Thank you for decorating the work room. Thank you!" It's really important to say to thank you and your teachers will love you for it.

Also, along with the weekly memo, if you have weekly newsletters be sure to acknowledge your teachers for all their good work.

### **#23 - VOTE FOR THE MOST INFLUENTIAL TEACHER**

Build a poster in the hallway on which the students can write positive comments for certain teachers.

Every single month allow the teachers and the students to vote on who they feel is the most influential teacher for that month. Then have all the students draft or write positive comments - and they have to be positive! - on this bulletin board or poster that can be easily framed or hung outside the teacher's classroom for that month.

There you have it. Those are some cool ideas that you can use to motivate your teachers.

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Again, I believe that teaching is one of the professions that create all other professions. And I hate to see good teachers quit. I hate to see good teachers become apathetic.

I love to see teachers who are motivated; who are engaged, and who are energized about what they do. Hopefully some of these ideas can be put to use right now in your school or school district to keep your teachers motivated.

Now I would love to hear your feedback. I would love to see how you're using these ideas. Simply send me an email at [kantis@kantissimmons.com](mailto:kantis@kantissimmons.com) to let me know how you're using these ideas and the impact that they have made on your teachers and your staff.

Now let's jump to our students...

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As I mentioned earlier, over the last decade my life has been geared to helping students succeed in school, and schools succeed in students. I realize the importance of helping you - the teacher, the educator - do what you do. First of all, let me say thank you so much for taking the time to invest in young people, taking the time to share your story, taking the time to share your expertise, to give back to help our community, and to help our students. Because, one day, these students will become our leaders. I realize that you don't do it for the money, but hopefully you do it because you love students.

Now, as you've seen all across the country - and I'm probably sure you've seen in your school - that every student, every teacher, every parent sometimes goes through a level of apathy. They may feel unmotivated, they lose focus, or they aren't excited anymore about school work or anything dealing with academics. Today I'm bringing you this special presentation to talk about simple ways that you can add to what you're already doing to help you motivate your students and keep them sucked in. Why do I say "sucked in"? Because I absolutely believe that school sucks. Yes, I said it. School sucks! What I mean, is

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that school has been created to suck students in so they won't drop out.

The great Maya Angelou, a poet, once said that all great achievements require time. Helping your students become more motivated, get better grades, and raise their test scores are achievements that require time to develop.

The great I love this quote: Lily Tomlin said, "The road to success is always under construction." Now that simply means that your students are under construction. As you work with them day by day, as you implement things within the classroom, as you take the time to maneuver and try different strategies, hopefully the road to success will come closer and closer.

Zig Ziglar once said, "Of course, motivation is not permanent, but then neither is bathing. But it is something that you should do on a regular basis." I'm going to talk to you and give you 7.25 ways to help motivate your students.

## **#1 – EXPLAIN, EXPLAIN, EXPLAIN**

Here's motivation method number one: Explain. Explain. Some recent research shows that many students do poorly on assignments or in participation because they do not understand what to do or why they should do it. I suggest that teachers should spend more time explaining why we teach what we do and why the topic or approach or activity is important, interesting, and worthwhile. In the process, some of the teacher's enthusiasm will be transmitted to the students because they explained the topic in a way that the students understand. Now, these students will become more interested in the topic. Similarly, teachers should spend more time explaining exactly what is expected on assignments or activities.

Now, there are some students who will be uncertain about what to do and will seldom perform well. You're going to also have those students that may ask the question, "When will I ever use this?" Or, "When will I ever use this subject?"

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Well, there are several answers. Number one, you can simply say, "You never know when knowledge and skills will be useful." Number two, you could say, "Whether or not you ever use this subject, knowledge is less important than the fact that you are learning how to learn, learning the discipline of focusing on a task, learning how to work on a task, and that might be interesting to you.

Perhaps you are learning how to make such tasks interesting." There's an exercise in the military during basic training where recruits are ordered to step back and forth, back and forth into old tires rapidly. Now, none of those recruits ever ask the question, "When will we ever need to know how to step through tires?" because they know they are building agility. The same is true for many subjects. A student might not ever use calculus later in life. They may not ever use chemistry later in life. But it's the mental training, the problemsolving, the thinking, and the precision that they're after. That's what they're developing. As they sharpen those skills, they'll become better students. That's why the first Motivation Method is to explain.

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## **#2 - REWARD YOUR STUDENTS**

Reward. Yes, reward your students. Students who do not yet have powerful intrinsic motivation to learn can be helped by extrinsic motivators in the form of rewards. Rather than criticizing unwanted behavior or incorrect answers, how about rewarding correct behavior and answers? Remember that adults and children alike continue or repeat behavior that is rewarded. I mean, think about little Johnny. You've seen him; he may be your son or your nephew. Or “he” may be little Janey – your daughter or your niece. When you reward him or her based on certain behaviors, he or she loves to carry out those behaviors more and more. Rewards, whether for adults or children alike, can help repeat certain behaviors. The rewards should be small and configured to the level of the student.

For example, small children can be given a balloon, a piece of gum, or a set of crayons. On a high school and college level, it may be wise to give away a book, lunch, gift certificates, or maybe exemptions from final exams. What about verbal praise? Whatever it may be, reward



students for good performance. Even with something as basic as simply saying, "Good job," or with a stamp or a sticker that says, "Good job!", "Way to go!", "You rock!", or "You played your A game!" The important point is that extrinsic motivators can, over a brief period of time, produce intrinsic motivation.

Everyone likes the feeling of accomplishment and recognition. Rewards for good work produce those good feelings. By rewarding your students, you can motivate them even more to continue to be successful in the classroom.

### **#3 - SHOW THEM YOU CARE**

Yes, care about your students.

Students respond with interest and motivation to teachers who appear to be human and caring. Teachers can help produce these feelings by sharing parts of themselves with students - especially little stories or problems and mistakes they made either as children or even recently.

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I remember my sixth grade teacher, Mrs. Thompson, who would always talk to us about when she was in the sixth grade. She would share stories of walking to school, how her parents used to make her read her books, and how she would have to write a paper over and over again until she got it right. She talked about how she cared. She helped us set goals. She shared her heart and every single day. She made us state a confession of how great we are and how we will reach all of our goals. Because Mrs. Thompson made herself personable and reachable, everybody loved relating to her - because she simply cared.

Such personalization of the student/teacher relationship helps students see teachers as approachable human beings and not as aloof authority figures. Young people are quite insecure, and they secretly welcome the admission by adults that insecurity and error are common to everyone. Everybody has flaws. Teachers have flaws. Parents have flaws. It's okay to let the students know that you have flaws. You're not perfect. Students will attend to any adult who appears to be a real person, who had problems as a youth or more recently as an adult, but they survived. It is also a good idea to be approachable



personally. Show students that you care about their success by asking about their concerns. Ask them about their goals as a student. What do they plan to do in the future? What things do they like? Such teachers will be trusted and respected more than one who is all about business.

Method number three to motivate your students is to simply show them that you care.

#### **#4 - ENCOURAGE STUDENT PARTICIPATION**

One of the major keys to motivation is the active involvement of students in their own learning. Standing in front of them and lecturing to them (or *at* them) is a relatively poor method of teaching. It is actually better to get students involved in activities, group problem-solving exercises; having them decide what to do and the best way to do it. Helping the teacher, working with each other. Or in some other way getting physically involved in the lesson.

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Take a lesson about nature, for example. It'dlt would probably be better to effectively walk outdoors than looking at pictures. Students love to be needed, just like adults, just like teachers. Show them that you need them.

For example, you could take a group of students and say, "Hey, I need you guys to help me out." Assign one student to take roll, another student to grade objective exams, and another student to research bibliographies or biographies of important people. Have one student lead the discussion group, or have another rearrange the chairs. You may use a student to change the overhead transparencies and others to hold up pictures, distribute papers, or pass out exams. As you do this, students' self-esteem will be boosted, and, consequently, their motivation is increased.

Older students will also see themselves as necessary, integral, and contributing parts of the learning process through participation like this.

Use every opportunity to have students help you. Assign them homework that involves helping you. You may say, "I need someone to find magazine illustrations of the emphasis on materialism for next week. Would someone

like to find one for me?" Participation. That's an easy way to help motivate your students.

## **#5 - TEACH USING EXAMPLES**

Teach using examples.

It has been said that presenting conclusions first and then providing examples robs students of the joy of discovery. Why not present some examples first and then ask students to make sense of them, to generalize about them, to draw their own conclusions.

Second, By beginning a lesson with examples, evidence, stories, and so forth, and then arriving at conclusions later, you can maintain interest and increase motivation, as well as teach the skills of analysis and synthesis.

Remember that the parable method of making a point has significant historical precedent. Speaking of examples, research has shown that providing more worked examples and fewer problems to solve increases learning. I love that in the good book, Jesus would use a parable or tell a story of a certain principle first, and then later on he would use

that story to teach that certain point. Motivation method number five is to teach with examples. Go ahead and use examples first and then allow the students to draw conclusions about the point or principle on which you're teaching.

## **#6 - SATISFY STUDENTS' NEEDS**

Yes, satisfy their needs. Everybody on planet Earth loves when their needs are met. Attending to the needs of students is a primary way of keeping them motivated, interested, and happy. Now some of the students' basic needs have been identified as survival, love, power, fun, and freedom.

Let me repeat those needs: They have the need of survival, love, power, fun, and freedom.

For example, if you wanted to attend to the need for power, you could simply allow students to choose from among two or three assignments or projects. You may say,



"You can either write a paper or you can take the final exam. You can either do this or you can do that." You're giving them the power. Many students also have the need to have fun in active ways. In other words, they need to be noisy and excited. Rather than always avoiding or suppressing their needs, design educational activities that fulfill them. Students will be much more committed to learning when an activity has value for them; if they can see it as meeting their needs - either long term or short term. They will, in fact, put up with substantial immediate unpleasantness and do an amazing amount of hard work if they are convinced that what they are learning ultimately meets their needs.

## **#7 - MAKE LEARNING VISUAL**

Even before young people were reared in a video environment (this place where we have videos and YouTube and television and reality TV and DVRs and iPhones and iPads - we could go on for days), it has been recognized that memory is often connected to visual images.

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In the Middle Ages, people who memorized the Bible or Homer Simpson or baseball or football, sometimes walk around mentally attaching certain passages to certain games; attaching certain techniques to objects in their day-to-day activities. would provide better learning by attaching images to the ideas we want to convey.

Use drawings. Use diagrams. Use pictures. Use charts. Use graphs. Use bullet lists. Even three dimensional objects brought to class can help students anchor the idea to an image. Everybody is visual. It is very helpful to begin a class session, or even a series of classes, with a conceptual diagram of the relationship of all of the components in the class, so that - at a glance - students can acquire a context for all the learning they will be doing. This will enable them to develop a mental framework, or filing system, that will help them to learn better and remember more.

Make learning visual. Use blocks. Use circles. Connect the dots by painting pictures in their mind so that as they see the concept with their eyes, they can begin to also see the concepts on the inside and how they can put it all together.

## **#7.25 - USE POSITIVE EMOTIONS TO ENHANCE LEARNING**

Strong and lasting memory is connected with the emotional state and experience of the learner. That is, people remember better when the learning is accompanied by strong emotions.

If you can make something fun, exciting, happy, loving, or perhaps even a bit frightening, students will learn more readily and the learning will last much longer.

Emotions can be created by classroom attitudes, by doing something unexpected or outrageous, by praise, and by many other means.

The day you come to class with a bowl on your head speaking as an alien observer about human behavior will be a day and a lesson your students will remember. Don't be afraid to embarrass yourself. Don't be afraid to paint pictures. Don't be afraid to tell sad stories. Don't be afraid to tell exciting stories. Because, as you do, you can make

a memorable point. That point will increase learning and motivation.

Now, here's a bonus way to help motivate your students and keep them sucked in:

### **BONUS - ENERGY SELLS**

Think about these questions for a minute: Why would so many students rather see Rambo, Robocop, Friday the 13th, or another movie like that than one on the life of, let's say, Christ?

Why is rock music or rap music more popular with youth than classical music, jazz music, gospel or Christian music? Why is evil often seen as more interesting than good?

The answer is connected with the way good and evil are portrayed. Unfortunately, “evil” usually has energy on its side, while “good” is seen as passive and boring. We've been trapped by the idea that bad people do and good people don't. Good is passive, resistant, and reactionary, while evil is proactive, energetic, and creative.

In a typical cartoon where Sylvester the cat is trying to catch and eat Tweety Bird, the cat is highly creative, inventing several ways to get at Tweety.

Meanwhile, you know that old guard dog, Hector? He's passive. He waits until the cat comes within range before spoiling Sylvester's plans by beating him up. Here is the unfortunate problem, in the theological scheme of things, the cat is the devil and the dog is God. The cat is admired because of his creative energy. The dog is just a boring policeman. This problem is not new. In the 17th century, Milton's book, *Paradise Lost* was criticized because Satan was a more interesting character than God. Satan was the one with all the energy. The lesson here is that we must begin to associate our heroes and our truths with energy. Don't portray Jesus as wimpy good guy, the gentle Jesus, meek and mild. Show him as dynamic, exciting, energetic.

Present his turning over the money changer's table, his power, and his energy and multiplying the loaves and fish, and so on.

7.25+ ACTIONABLE STRATEGIES TO ELIMINATE  
**TEACHER BURNOUT & STUDENT DROPOUT**



Likewise, make a point to show that evil is often lazy, uncertain, predatory, and tired, recycling the same old boring temptations, etc., etc.

Now this is not a topic on religion or Christianity or anything like that, but what I simply want you to see is that sometimes in life we associate things like heaven as boring. While people associate energy or hell as interesting.

Being energetic in your teaching is a motivational factor in itself. Adding energy to the lessons you teach or the ideas you want to convey will further enhance learning and commitment to those ideas.

That's the bonus motivation method: Remember that energy sells. However you present that energy will determine how students receive it.

Remember, Asas you use these techniques and implement them into your daily schedule, send me an email telling me how they're working. You can email me at [kantis@kantissimmons.com](mailto:kantis@kantissimmons.com).

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Now, let's review these 7.25 ways to motivate your students and keep them sucked in.

#1 - Teachers should spend more time explaining why we teach what we do and why the topic or approach or activity is important and interesting and worthwhile. Explain how the subject is important.

#2 Reward your students. You can really motivate your students by rewarding them for their behavior and their correct responses.

#3 - Simply show the students that you care. Be human. Give them examples of your life - how you failed and how you've survived. Show them that you're just like them and that you care.

#4 - Get students involved. Have the students participate. Give them responsibility. Make them the star of the teaching day. Make them the star of the class day. Give them responsibility and have them participate.

#5 - Teach by using examples. Use parables. Use your stories to drive home a certain point.

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#6 - Satisfy students' needs. Remember? Students have those needs of survival, love, power, fun, and freedom. Satisfy their needs. Begin to craft your teaching method around meeting those needs.

#7 - Make learning visual. Attach pictures to your topics. Use diagrams. Connect the dots by giving your students images.

#7.25 Use positive emotions to enhance learning and motivation. Remember strong and lasting memory is connected with the emotional state and experience of the learning.

The bonus way method is to remember that energy sells. Energy sells!

There you have it. Those are the 7.25 ways to motivate your students and keep them sucked in.

Hey, thank you so much for investing in this project.

7.25+ ACTIONABLE STRATEGIES TO ELIMINATE  
**TEACHER BURNOUT & STUDENT DROPOUT**



Thank you so much for spending time with me and allowing me to assist and serve you. I look forward to hearing from you. I look forward to hearing the results you have with your teachers, school, and students.

Remember this. Only one game in life counts, and that's your A game.