



# SHEPARD

## Shepard School Counseling Department Fostering Student Engagement During and After COVID-19 Presentation Reminders and Take-Aways

- Student engagement refers to the degree of attention, curiosity, interest, optimism, and passion that students show when they are learning or being taught, which can impact level of motivation they have to learn and participate in activities.
- Motivation is the force to keep going even when things are tough.
  - Intrinsic motivation: Doing an activity for its inherent enjoyment.
  - Extrinsic motivation: Doing an activity, not for its inherent enjoyment but instead for a separable outcome.
- Collaborate with your student about motivators that are reinforcing for them!
  - Some ideas include: Screen time, picking dinner, board game of their choice, chore coupon
- Barriers to engagement in the home include your student’s connection to the activity, the skill level and developmental appropriateness of activity, availability of a more preferred task, and the time of day.
- **How Parents Can Engage Students:**
  - **Create goals.** “When I’m done with this task I can/will be able to...”
  - **Create motivation.** Utilize reinforcers
  - **Create real-world context.** Connect the content kids are working on to the real world.

### Creating Engaging Environments in the Home:

- Minimizing distraction at home
- Implementing visual schedules
- Consistency
- Engaging without electronics
- Family involvement
- Timers

Sticker Chart

Date	Sticker	Sticker	Sticker	Sticker	Sticker	Sticker	Sticker	Breaks Earned

BREAK OPTIONS!	
Visit/Walk Matilda 	Walk inside/Outside on Swings (weather permitting and if swings available) 
Game/coloring pages with assigned staff member 	iPad 

### Tips for Developing Behavior Plans:

- Use if, then statements
- Set a plan ahead of time
- Set clear expectations
- Be mindful of the language used (you have earned vs. you have lost)
- Try to make the reinforcer/motivator special
- Follow through

### When Transitioning back to In-Person Learning:

- Re-establish bedtime and mealtime routines
- Morning routine
- Possible changes in school schedule next year
- Re-establish homework routine



*Lauren's*  
DAILY SCHEDULE

8:00 am	Morning routine	Brush teeth - Get dressed Make bed - Breakfast
9:00 am	Academics	Math - Writing - Science
10:00 am	Snack time	Snack - Yoga
10:30 am	Creative time	Art - Music - Lego -
12:00 pm	Lunch time	Eat - Daily Chores Free Play Outside
1:00 pm	Quiet time	Reading - Journal
2:30 pm	Academics	Educational Games - Puzzles
4:00 pm	Free play	Free
5:00 pm	Evening routine	Dinner - Shower Brush teeth - Bedtime

**Remember we are here to help! Contact your student’s counselor if you need any additional support. We appreciate your participation!**