

Reach Unmotivated Students

Every instructor has encountered an unmotivated student. Sometimes it's not even clear why they enrolled. Understanding factors that can influence student motivation can make a supportive teaching relationship possible, and encourage the student's success.

- **Family legacy:** Parents whose other responsibilities distract them from giving their child attention tend to compensate with material gifts. Because there are no expectations attached to this compensation, the child never learns that personal effort is a means to success.
- **Educational legacy:** Those who have often failed in the past tend to think successful students were simply born with academic ability. Again, they fail to link success with the amount of effort put in.
- **Coping strategies:** Some students develop unhealthy ways of coping with social and academic demands. For example, a strong

fear of being perceived as stupid or uncool may cause a student to attempt to demonstrate control and independence by refusing to complete assignments.

- **Unhelpful teacher response:** Because it can be frustrating to try to engage unmotivated students, teachers sometimes react to a student's behavior in ways that reinforce the student's deeply held belief of lacking the capacity to do well in school.

In the book *Enhancing Adult Motivation to Learn*, Raymond Wlodkowski recommends the following five processes:

1. Increase instructional clarity. Plan lessons carefully, with well-paced checkpoints for students to digest, reflect, and respond to the material. Provide at least two examples, stories, or analogies for each major concept taught, relating abstract information to real-world practice.

2. Emphasize effort. Help students set goals for themselves that they can work to achieve. Find ways to reward students for demonstrating effort and enthusiasm.
3. Create hope. Lengthy homework assignments can erode adult students' confidence in their ability to balance school with their home life and work. Keep homework short, requiring no more than 30 minutes. Return graded homework to students within two days and provide meaningful feedback on it, so students experience a sense of completion that makes their effort feel worthwhile.
4. Respect students' power. Involve students in the development of classroom procedures and rules. For example, ask students

to anonymously describe the classroom behaviors that disrupt their learning and agree together on the consequences of disruptive behavior.

5. Express enthusiasm. Openly express your love for the skin care profession and the subject you are teaching. Let students know you enjoy being their teacher. If you truly believe in the material and its ability to benefit students' lives, they will believe in it too. ©



Need Client Forms?

ASCP has more than 25 downloadable forms for you and your students to use. Available forms include client health history, aftercare and consent forms, parental consent for minors, skin analysis, treatment plans, and many more. New forms were recently added for lash extensions, LED, and microcurrent. Client information, consent, and skin analysis forms are also available in Spanish. All are freely available for use by ASCP members; log in as a member at www.ascpskincare.com and click on "Client Treatment Forms." Need a form we don't have? Email getconnected@ascpskincare.com with your suggestion and we will add it to the list for future updates! ©



Relaxation Tips for Hands-On Clinics

Getting students ready for a hands-on clinic can be a daunting task. Most students are afraid of messing up or not remembering what to do, while others are overconfident and miss the finer details of the technique being taught. Try this prep exercise to get everyone in the right mindset and focused on their clients.

1. Start with the clients already comfortable on the treatment tables and each student sitting at the head of his or her table.
2. Lower the lights, start spa music, and turn on an aromatherapy diffuser. Citrus scents such as lemon, lime, or orange are good choices for a learning environment.
3. Have each student place both hands flat on the table, on either side of the client's head.
4. Have the entire class (including clients) take one deep belly breath and release to the count of four.
5. Tell students to consciously take their next breath at the same rate as their client, and concentrate on matching the client's breathing.

You will find it may take a minute or so to get each pair in sync, but the results will be worth it: you will have calmer students with open minds ready to learn, and your own stress will go down a level or two. ©



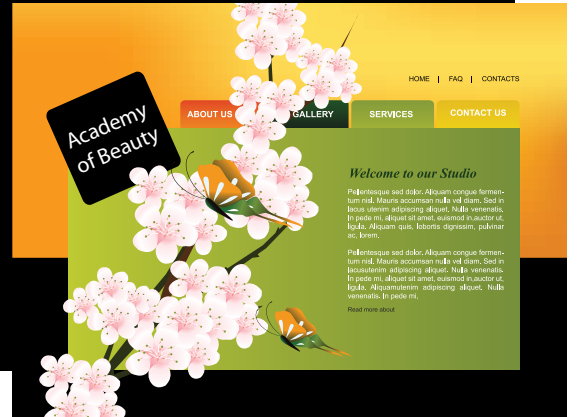
Build an Instructor Website

When instructors offer online hubs, students who miss a class don't fall out of the loop. Whether they need to catch up or plan ahead, students can get the information they need without taking up your valuable time.

You can use the free website and email address that come with ASCP membership to streamline communication with your students. The ASCP Website Builder is easy to use, creates beautiful websites that you can customize, and makes updating content simple. With an unlimited number of pages, your website can serve students in all your classes, year after year.

Your website might include a syllabus for each class you teach, reminders about important due dates, descriptions of homework assignments, and lecture notes.

If you are already an ASCP member, log in at www.ascpskincare.com and choose "Create or Edit Your Website" to get started. To find out more about ASCP membership, including ASCP's discount for instructors, call 800-789-0411. ©



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