

Motivating Students With Self-Talk, Change Talk, and Hope Talk

Self-Talk

Guiding Questions	What Happened When You Tried It
<p>What themes, stories, or patterns of self-talk and explanatory stories do you hear from your students? What do you notice concerning the self-talk of teachers and other staff, parents and community, and ourselves?</p> <p>What are you already doing that is working to develop and support positive self-talk?</p> <p>What ideas, questions, concerns, and the like do we have related to self-talk?</p>	

Change Talk

Guiding Questions	What Happened When You Tried It
<p>How can verbal strategies like affirmations, reflections, and more be used to catalyze needed change?</p> <p>What ideas, questions, concerns, and the like do you have related to change talk?</p>	

Hope-Centered Goal-Setting

Guiding Questions	What Happened When You Tried It
<p>What role has or does goal-setting play in your life? To what degree are goal-setting habits and practices integrated into your life?</p> <p>Goal-setting can be a core driver of hope. In what ways do you agree and/or disagree?</p> <p>How can you infuse more hope in goal-setting activities?</p> <p>What is working well in terms of having students do goal-setting? What could be working better?</p>	