

# Motivate your teenager to study

Talk Revolution®

## USING BRAIN SCIENCE

An optimal dopamine level can lead to high motivation. It is the key to your teenager's motivation



### STOP MOTIVATING!

The best thing you can do to motivate your teenager to study, is to remove stress from their lives. Constant reminders of what they 'should' be doing create unnecessary stress.

### RELATIONSHIPS

Relatedness is one of the most powerful motivators. It's the feeling of belonging and connecting with someone who cares. Motivate them by becoming a source of strength in your teen's life instead of a source of stress.



### AUTONOMY

Teens who think they have control over their activities are more motivated. Help them INTERNALISE the reasons to study. Without a sense of control, your teenager will not be intrinsically motivated to study even if you do everything else right!

### MASTERY

A sense of competence can improve motivation. Helping teenagers master school work can help bolster their self-esteem, as well as competence. If a subject is too hard, it's difficult to feel motivated.



You can't go wrong with some physical exercises every day to boost your teen's health and motivation to learn.