Introduction to Motivation for Student Athletes

The COVID-19 pandemic has thrown a curveball to athletic programs all over the country. Athletes don't know what the upcoming season will look like or if there will be a season at all. Questions are swirling about how long this social distancing last, as well as how will the virus affect my training, my finances, and my college career. How can I be motivated to train when the season may be cancelled? Should I watch Netflix non-stop or just eat my sorrows away?

It's easy to forget about the mental and physical benefits of regular exercise, especially when in isolation. Instead of focusing on things the athletes can't control (such as the virus), it's time to put the focus internally. What are my personal goals? Where do I want to be in six months? What improvements can I make over the next year? What has been holding me back?

Who would benefit from this lesson plan? College student athletes, teams, and student organizations

Definitions

Gen Z Students	Students born between 1995 - 2010. https://www.wgu.edu/blog/who-is-gen-z-how-they-impact-workplace1906.html
Maslow's Hierarchy of Needs	Motivational theory comprising of five tiers of human needs. Needs at the bottom must be satisfied before moving up. https://www.simplypsychology.org/maslow.html
Motivational patterns	Students in college student organizations will be motivated by different things. Knowing their motivations can be helpful. http://www.yourarticlelibrary.com/motivation/7-most-important-types-of-motivation-business-management/5379

Motivation Lession Plan

Key Questions for this Session:

What are the basic characteristics of Gen Z students?
What is your dream after college graduation?
How are different types of people motivated?
Why are committees important in taking on big projects?
How do I motivate other college students?

Key Takeaways for Students:

Different generations are motivated by different things
Knowing the difference between intrinsic and extrinsic motivation

Potential Challenges:

Students may have a difficult time opening up about their dreams and motivations in a group setting.

Working in teams towards common goals will need to be reinforced in the classroom as well as on the field.

Not everyone sees themselves as a leader, yet their actions will clearly reflect on the entire team.

Maslow's Hierarchy of Needs
Identification of Motivational Patterns in teammates

Suggested Activities and Time Breakdowns

Pre-Activity Prep: Students will need lined paper to write on

Time	Minutes	Activity
00:00 - 00:05	5	**Quick Start:** Instructor hands out lined paper to write on to each student and ask them to write down things that motivate today's college students
00:05 - 00:10	5	**Class Activity:** Write down your dream after college graduation
00:10 - 00:20	10	**Class Discussion:** What are the basic characteristics of Gen Z students?
00:20 - 00:35	15	**Video:** TED Talk: Intrinsic Motivation: Revolutionize Education, Work and Life | Behrouz Moemeni Intro: Behrouz will share his innovative approach to leveraging the power of intrinsic motivation to open new doors. He uses the example of college student admissions to find the best students with screening tools. He explains intrinsic and extrinsic motivation. Behrouz helps people find the path to success that best fits their inner motivations.
00:35 - 00:45	10	**Class Debrief of Video** What is the speaker talking about? What is the difference between intrinsic and extrinsic motivation? How did he leverage the power of intrinsic motivation to open new doors?
00:45 - 00:60	15	**Class Discussion:** How Maslow's Hierarchy of Needs works
00:60 - 00:75	15	**Class Activity:** Write down what motivates each of your teammates from 7 categories of Motivational Patterns
00:75 - 00:90	15	**Reflection Write-Up** Consider our discussions today. How can I motivate myself? How can I motivate my team? What should I be doing as a student leader?