

# HOW TO USE ANTICIPATION TO BOOST STUDENT MOTIVATION

## SHORT-TERM MOTIVATORS

## ANTICIPATION



**Anticipation:** The state of **What is going to happen next?** Or **When will that happen?**

## ANTICIPATION IMPACTS LEARNING AND MEMORY

- ✓ The state of anticipation releases Norepinephrine - the neurotransmitter of urgency, excitement, and risk. A simple, "As soon as we finish this, I have something exciting to share with you" will jumpstart them into action.
- ✓ Anticipation increases activity in hippocampus (which preps for new explicit learning).

## PRO TIP!

Find the healthy balance of novelty (fosters anticipation) and predictability.

**TOO MUCH NOVELTY = CHAOS (AND STRESS FOR SOME)**

**TOO MUCH PREDICTABILITY = BORING**

## STATEMENTS

### TO FACILITATE A STATE OF ANTICIPATION

- When we come back from Fall Break ..."
- "I can't wait for Thursday – it's gonna blow your mind!"
- "Oops, I forgot something. Remind me to tell you all about the \_\_\_\_\_ right after we finish this."
- "I've got some really important news for you all today. Stay tuned."

## STRATEGIES

### TO FACILITATE A STATE OF ANTICIPATION

- Pre-exposure of content – post parts of content several days before introducing it.
- DO NOT OPEN until ... folder/box
- Coming Soon board that gives cryptic clues about what is coming soon for the class.

Nelson, B. D., & Hajcak, G. (2017). Defensive motivation and attention in anticipation of different types of predictable and unpredictable threat: A startle and event-related potential investigation. *Psychophysiology*, 54(8), 1180-1194.

Unsworth, N., & Robison, M. K. (2017). A locus coeruleus-norepinephrine account of individual differences in working memory capacity and attention control. *Psychonomic Bulletin & Review*, 24(4), 1282-1311.