

SKIDMORE

C O L L E G E

Office of Leadership Activities

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Skill Building – Motivation

Introduction

We have all probably heard that there is nothing we can do to motivate someone because motivation is an inside job. That is a true statement; however, there is a lot we can do to stimulate that inner motivation. Try some of these stimulators: feedback, rewards, recognition, involvement, interests and friendships.

6 Ways to Motivate Student Leaders

Feedback...specify times for progress reports when meeting with officers. Trust the student/s. Make yourself available when student/s are setting short term and attainable goals.

Rewards...give out prizes, send notes of appreciation, take the student/s out to lunch, and throw a party for members.

Recognition... tell the student/s they have done a good job, compliment the person in the presence of others, put emphasis on the person's success, don't dwell on past failures, give credit where credit is due.

Involvement...allow initiation of individual's own ideas, allow student/s to have important input, listen with interest, make sure people understand what is happening.

Interests...assign responsibilities according to interests and allow trial of new ideas.

Friendships... give student/s opportunity to socialize. Don't be overly strict about sticking to business all the time. Allow student/s to work in small groups. Encourage student leaders to conduct and get acquainted through activities. They, and you, can never know all there is to know about each other.

Most importantly, negativity is not the answer! Recognizing that your group members are students too, and asking yourself what keeps you motivated is sure to give you ideas about how to motivate others.