

This is what we found

Conclusions based on your answers in survey on motivation

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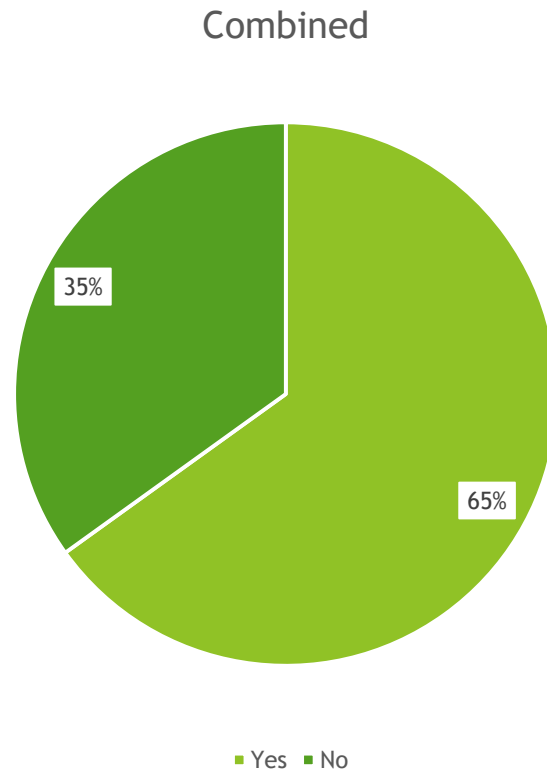
Why this presentation?

- ▶ Short overview
- ▶ Interesting results
- ▶ Discussion points
- ▶ Focus on motivation



Sleep

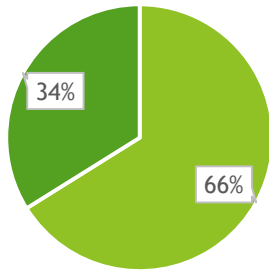
Are you often tired, even though you have had enough sleep?



Sleep

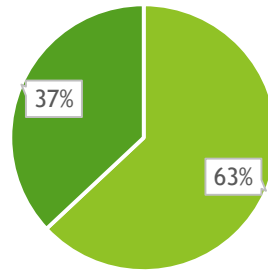
Are you often tired, even though you have had enough sleep?

The Netherlands



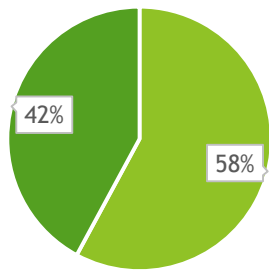
■ Yes ■ No

Germany



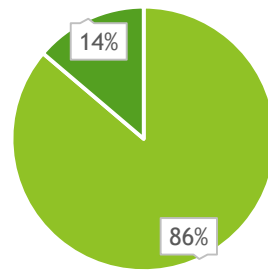
■ Yes ■ No

Sweden



■ Yes ■ No

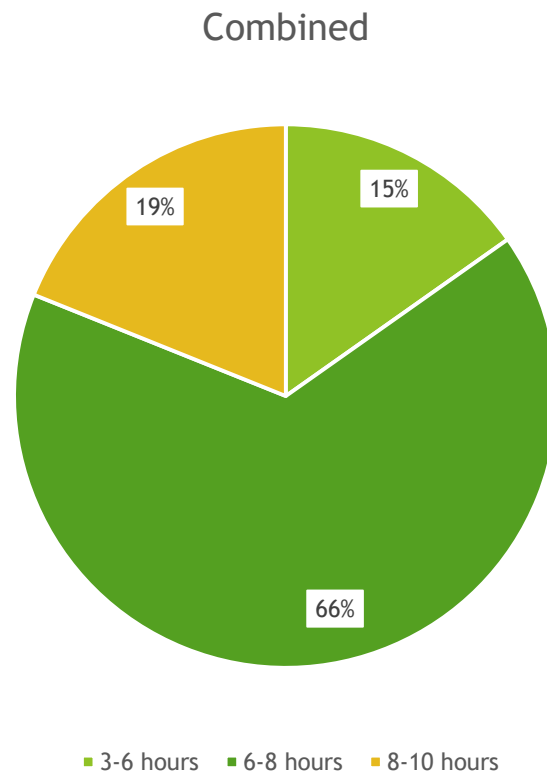
Scotland



■ Yes ■ No

Sleep

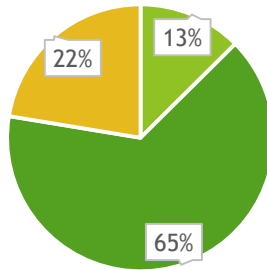
How many hours of sleep do you get?



Sleep

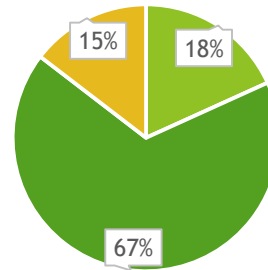
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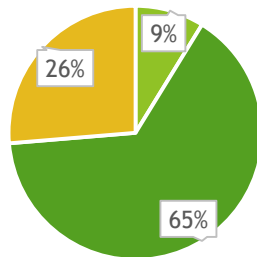
■ 3-6 Hours ■ 6-8 hours ■ 8-10 hours

Germany



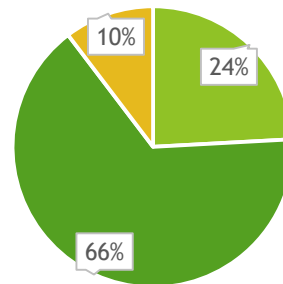
■ 3-6 Hours ■ 6-8 hours ■ 8-10 hours

Sweden



■ 3-6 Hours ■ 6-8 hours ■ 8-10 hours

Scotland



■ 3-6 Hours ■ 6-8 hours ■ 8-10 hours

What does this mean?

- ▶ About 60% says they often feel tired.
- ▶ About 70% actually does get enough sleep.
- ▶ About 75% says they feel less motivated when tired:

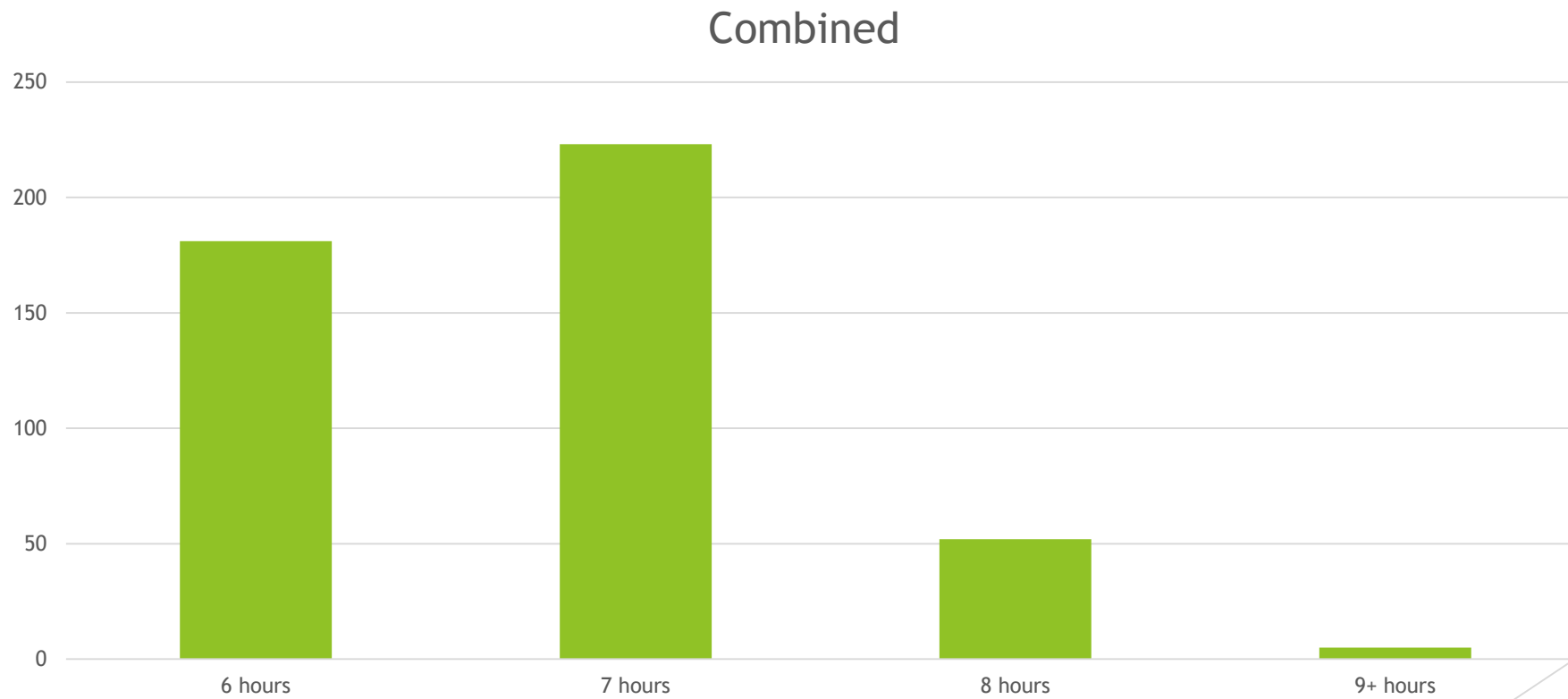
Big impact on motivation is caused by lack of sleep/being tired.

Bad night rest is mostly caused by:

- ▶ Stress socially
- ▶ (mostly) school

School

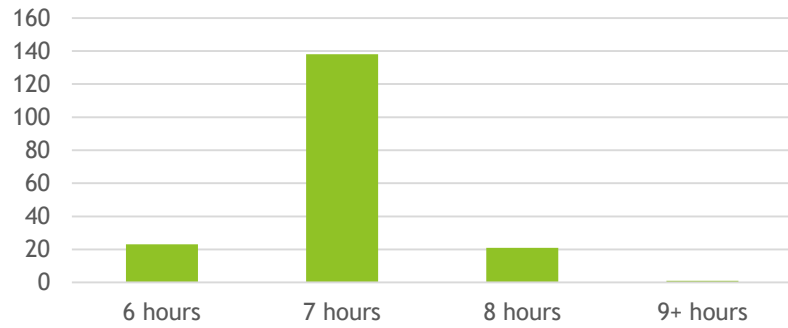
How many hours do you spend in school daily?



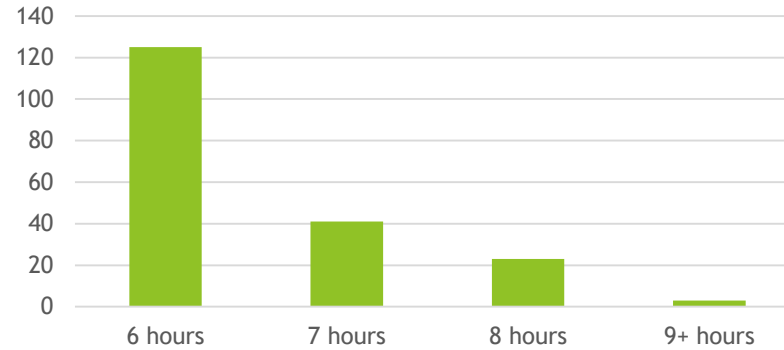
School

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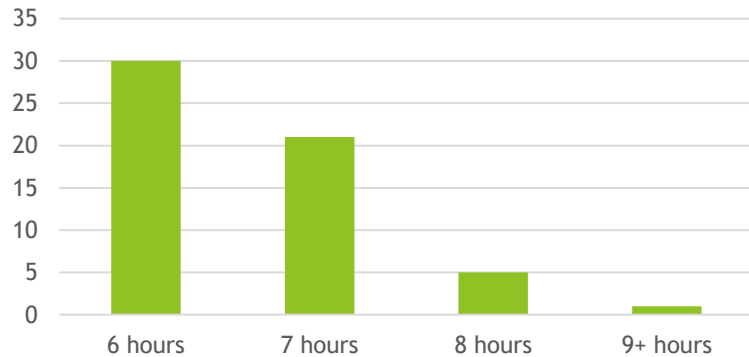
The Netherlands



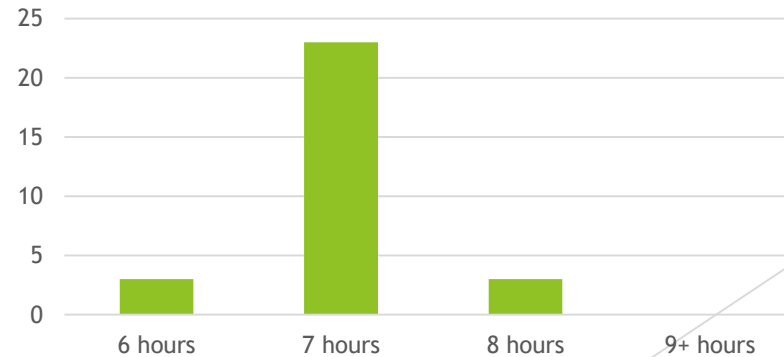
Germany



Sweden

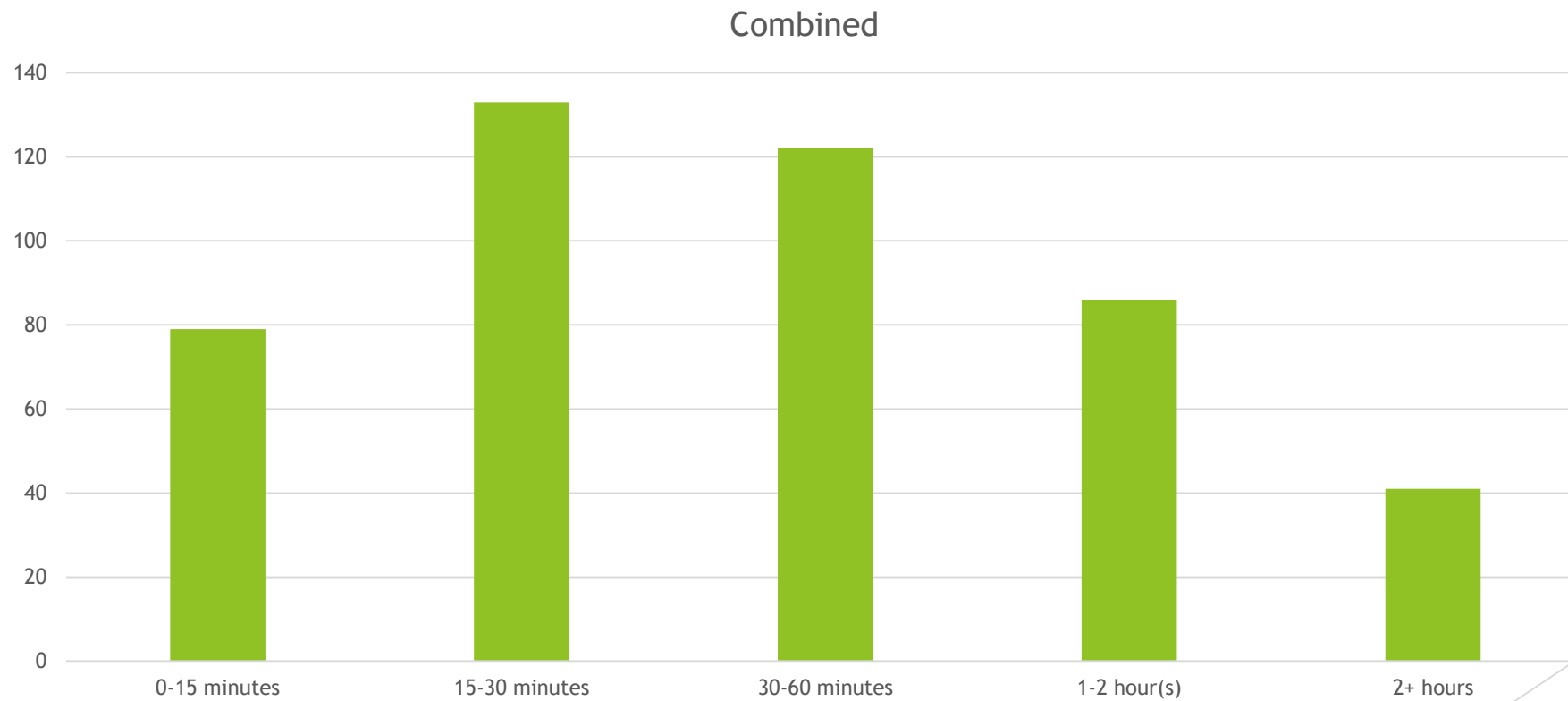


Scotland



School

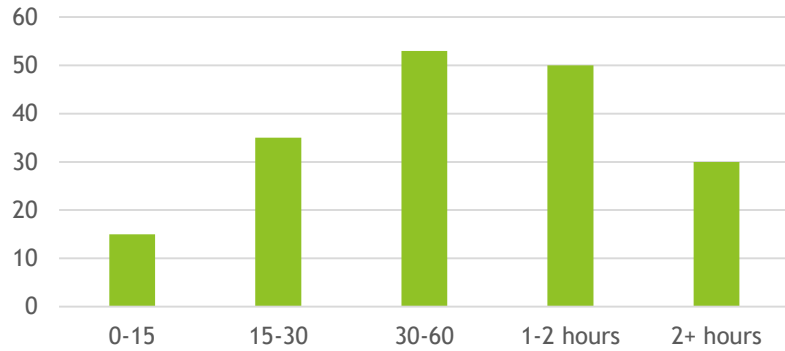
How much time do you spend on homework/studying a day?



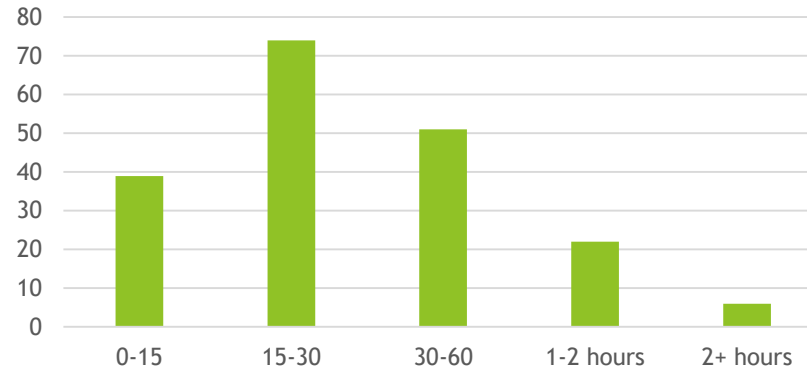
School

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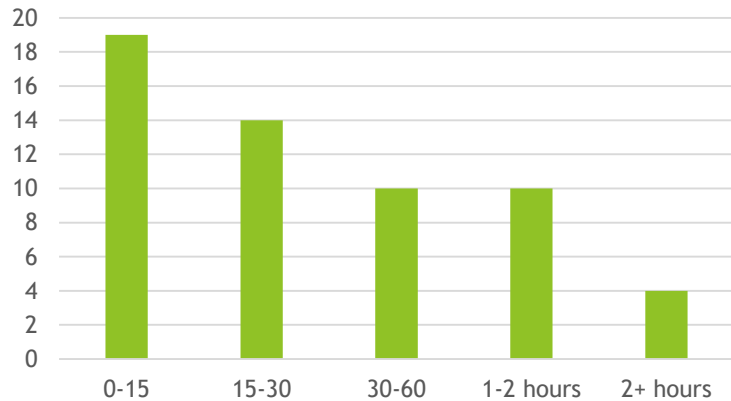
The Netherlands



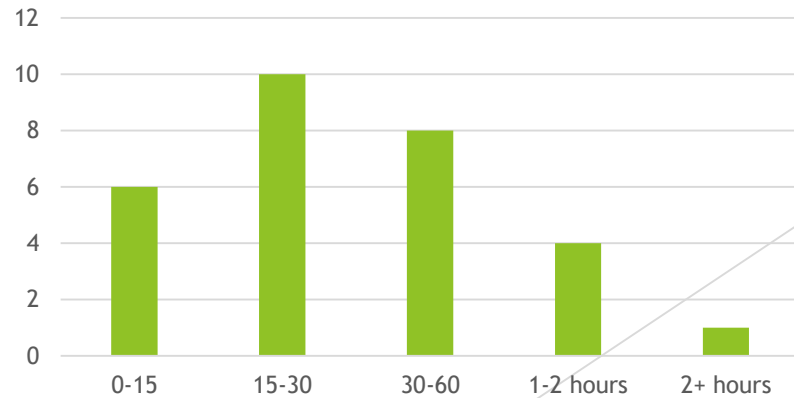
Germany



Sweden

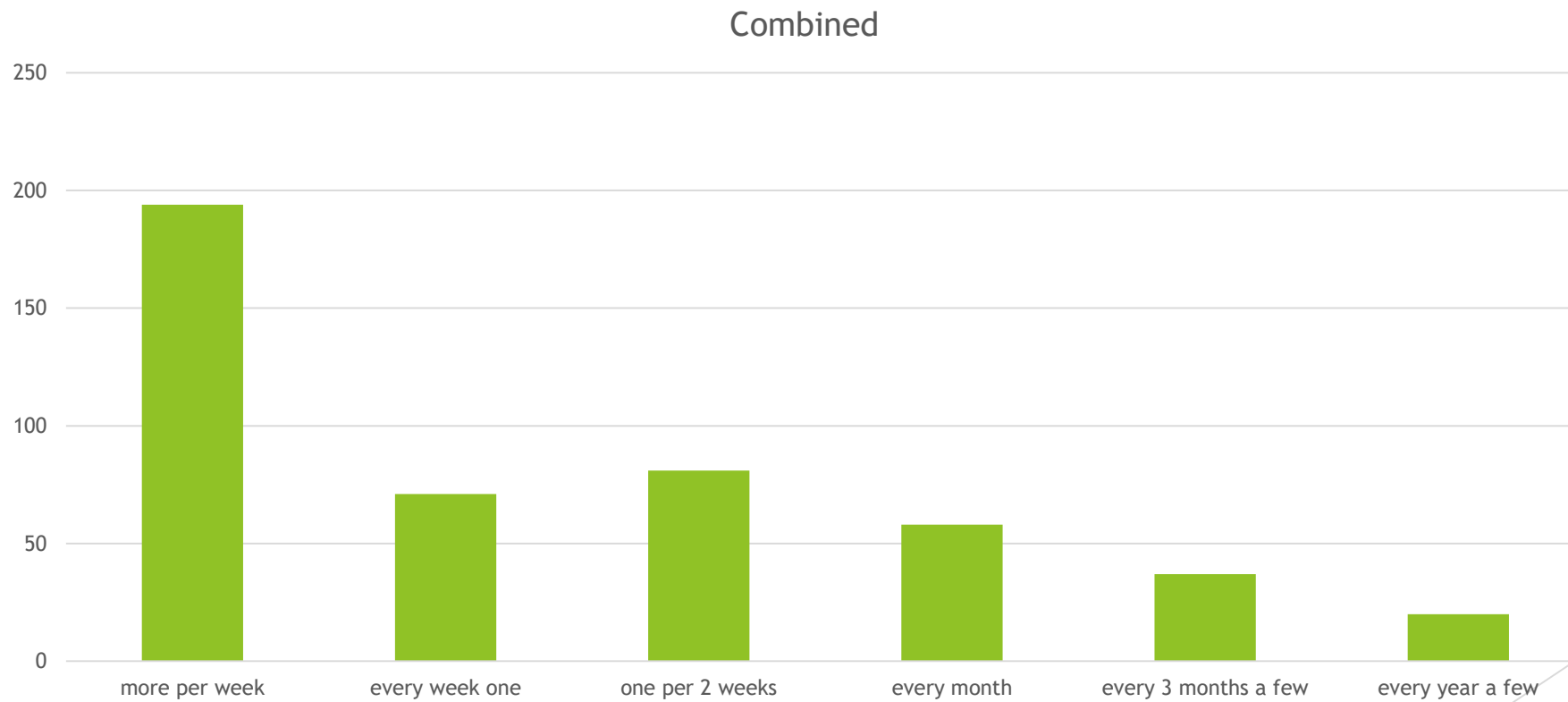


Scotland



School

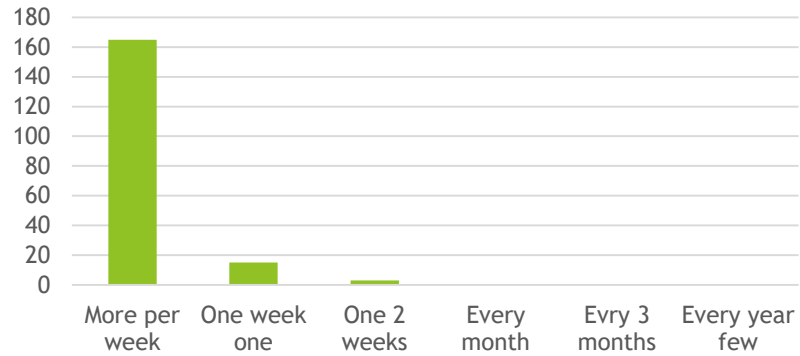
How frequently do you get tests at school?



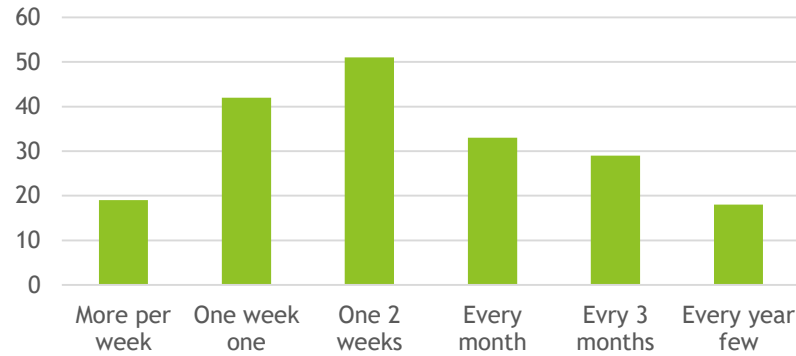
School

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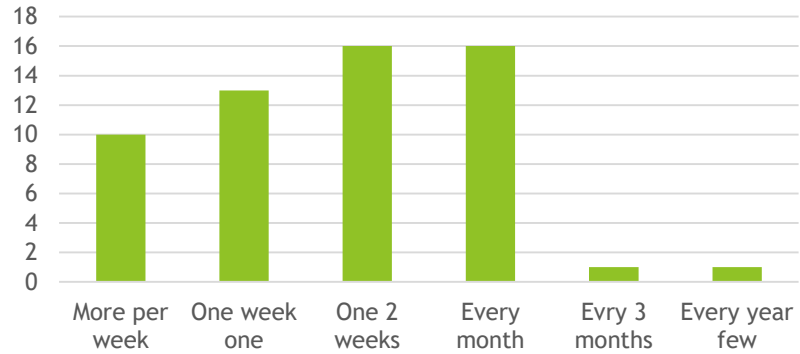
The Netherlands



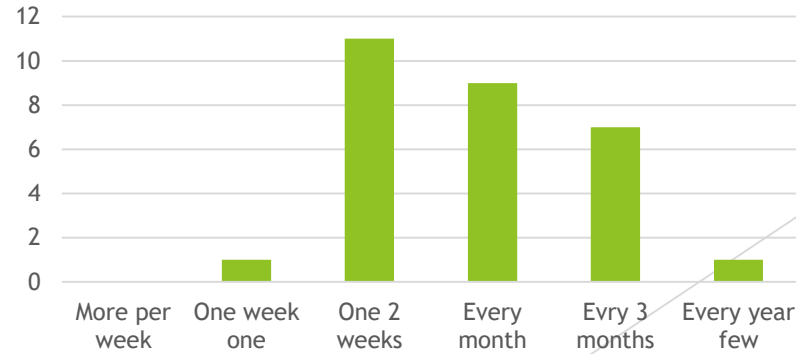
Germany



Sweden



Scotland



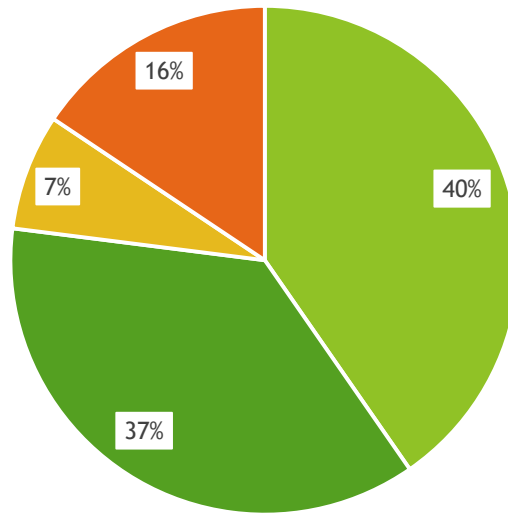
What does this mean?

- ▶ Almost all schooldays are in between 6-7 hours.
- ▶ recommended time on homework is 1-2 hours daily (percentage of people that spend the recommended amount of time on homework)
 - Scotland: 13%
 - Germany: 14%
 - Sweden: 24%
 - Holland: 44%
- ▶ Way more tests in Holland
- ▶ More stress caused by upcoming tests in Holland

Free time

How much time do you actually spend doing what you love?

Combined

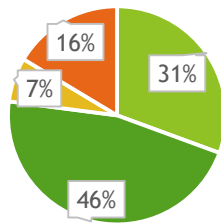


- exactly how I like it to be
- I would want to spend more time doing it
- I don't have enough time for that, but I don't mind it
- I would like to do in more often

Free time

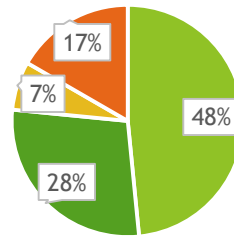
How much time do you actually spend doing what you love?

The Netherlands



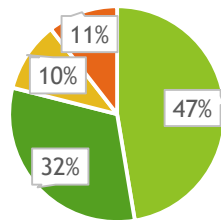
- how I like it to be
- like spend more
- no time don't mind
- like more often

Germany



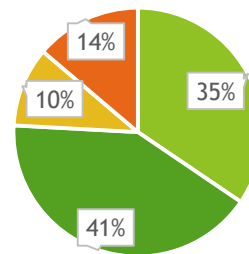
- how I like it to be
- like spend more
- no time don't mind
- like more often

Sweden



- how I like it to be
- like spend more
- no time don't mind
- like more often

Scotland



- how I like it to be
- like spend more
- no time don't mind
- like more often

Rate your feelings from 1-5

	NL	DE	SE	SCT	Combined
▶ How do you feel at school?	3,5	3,1	3,5	3,0	3,3
▶ How do you feel after school?	3,6	3,7	4,0	3,8	3,7
▶ How do you feel during the weekend?	4,6	4,4	4,4	4,4	4,5



Conclusions and things to discuss

- ▶ More tests -> students study more -> students undergo more stress. Do you agree? How does this affect your motivation for school work? What could you do **yourself** or how could others help you to cope with this problem?
- ▶ What do you do to cope with stress in general?
- ▶ How do you make sure you keep doing the things you love?
- ▶ What do you think causes you to feel tired? (other than lack of sleep)
- ▶ (Too much) homework is not motivating. In what ways could you make sure that you learn enough for each subject without homework?
- ▶ You are probably more motivated for certain subjects than for others. Besides your personal interest in the subject, what makes you more motivated for a subject? How could school or your fellow pupils help you with this?
- ▶ What motivated you these past weeks? (anything from hobbies to school)