

Instructional Strategies for Motivating Students: Reflections from 13 Years of Teaching in Higher Education

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ABSTRACT Keeping students constantly motivated is a challenge that many instructors in Higher Education (HE) find insurmountable. Stimulating students' interest and motivation is important as it increases the likelihood that students will commit the time and effort necessary to achieve the learning objectives. While motivation is a potent factor in student learning, motivating students remains a hurdle that many practitioners in HE face. This paper explores instructional strategies that lecturers in HE can consider and probably adopt to enhance students' motivation to learn. Drawing from theory and practice, the paper proposes motivational strategies. These range from making teaching/learning relevant to student lives, basing teaching and learning on students' interest and background knowledge, developing skills of self-regulated learning in students, clarifying course goals and assisting students to develop their own study goals.