

HOLD THAT YAWN

We found boredom can be **contagious**: As your experience of boredom in class increases, so do your students!



LEARN MORE ABOUT THE
RESEARCH PROJECT AND THE
ALBERTA CONSORTIUM FOR
MOTIVATION AND EMOTION



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PREVENTING BOREDOM IN UNIVERSITY CLASSROOMS

Tips for Instructors to Help
Keep Students Engaged





CONTROL-VALUE THEORY

When students feel more in **control** of a situation, and they find their learning **valuable**, they are more likely to experience positive emotions as opposed to negative emotions, such as boredom.

YOU'VE SEEN IT BEFORE

Daydreaming expressions, updating statuses while typing notes, awkward head nods as they start to doze off...

So how do you combat boredom while teaching?

TRY THESE STRATEGIES TO INCREASE STUDENTS' CONTROL AND VALUE

CONTROL

- Set expectations and negotiate rules as a *class*.
- Provide *options* for students to choose what is most fitting for them.
- Give students enough *time* to complete tasks.

VALUE

- Provide assignments that are *meaningful* and *relevant* to students' lives and careers.
- Explain why *you* are interested in topics.
- Make the classroom a *safe* environment.

