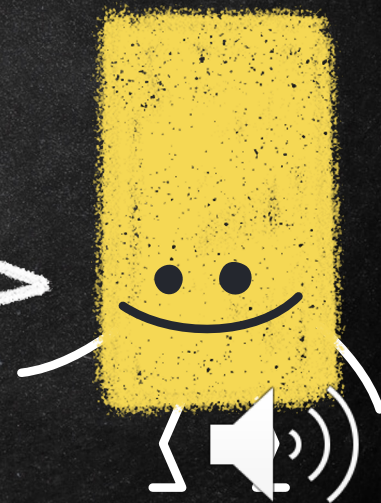


# THE GRATITUDE- MOTIVATION CONNECTION & HOW DISCUSSION BOARDS CAN ENCOURAGE BOTH FOR YOUR STUDENTS

CALIcon2021

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Ohio Northern University, Pettit College of Law





# MY 3 WISHES FOR LEGAL EDUCATION TO PRESERVE AND MAINTAIN

CREATIVITY



RESILIENCY



CONNECTION

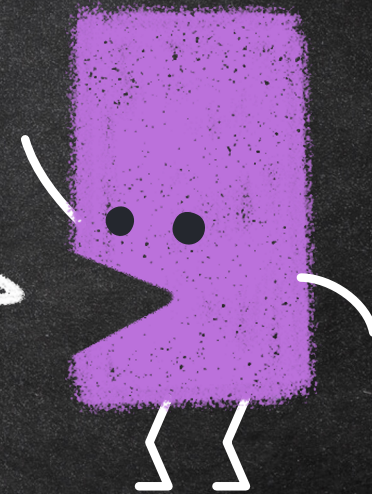




“

*While you can't control  
your experiences, you can  
control your explanations.*

*~Martin E.P. Seligman*





# THE GRATITUDE-MOTIVATION CONNECTION

4

## GRATITUDE

...Is an acknowledgement that we have received something of value from others and is foundational to our well-being. (Emmons & Mishra, 2010).

- Gratitude is not an automatic response to life's events.
- Gratitude is a virtue that must be taught or modeled and then practiced until it becomes habit.

## MOTIVATION

Gratitude also is a motivator and helps us to achieve goals.

- In a 10-week study, participants who wrote down their goals and kept a gratitude journal, reported more progress toward goal attainment.
- Contrary to previous suggestions that gratitude promoted complacency, gratitude has been shown to enhance motivation!





# SELF-DETERMINATION THEORY

## WHAT MOTIVATES US TO PURSUE GOALS?

Motivation is forced by outside influence(s).

Motivation is internalized by value and personal volition.

EXTRINSIC

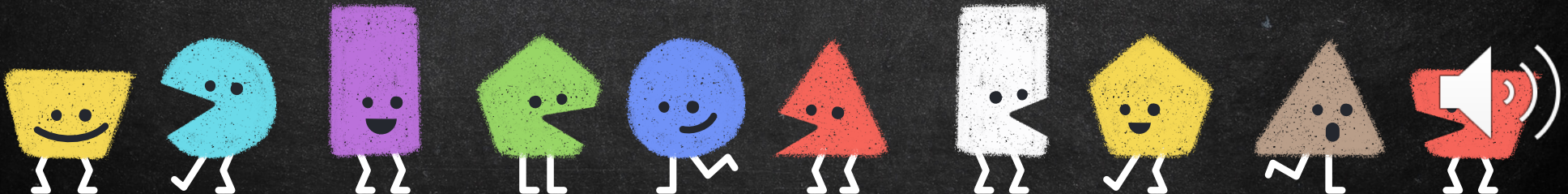
INTROJECTED

IDENTIFIED

INTRINSIC

Motivation is a result of self-inflicted guilt or shame.

Motivation is determined by an internal desire.

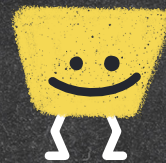




# SELF-DETERMINATION THEORY

## WHAT MOTIVATES US TO PURSUE GOALS?

Motivation is forced by outside influence(s).



Motivation is internalized by value and personal volition.

Gratitude is my new attitude!

EXTRINSIC

INTROJECTED

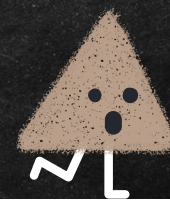
IDENTIFIED

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Motivation is determined by an internal desire.

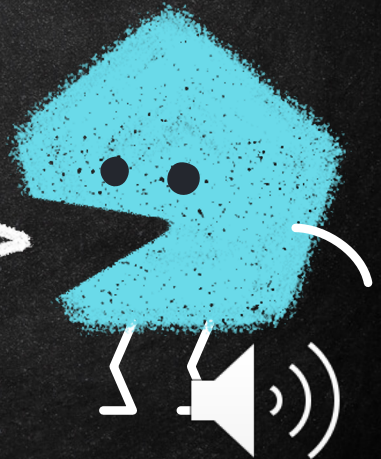
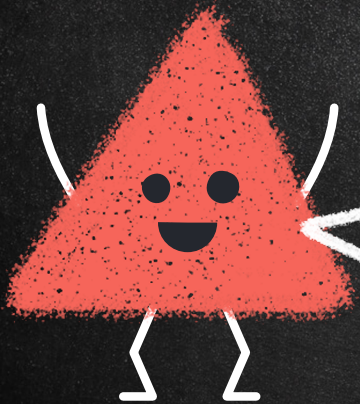




# USING DISCUSSION BOARDS

TO ENCOURAGE THE  
GRATITUDE-  
MOTIVATION  
CONNECTION  
FOR STUDENTS

It is easier than you may think!

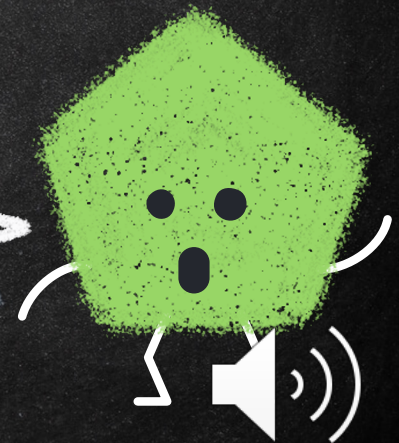




Recognized the  
Absent  
classmates  
professor

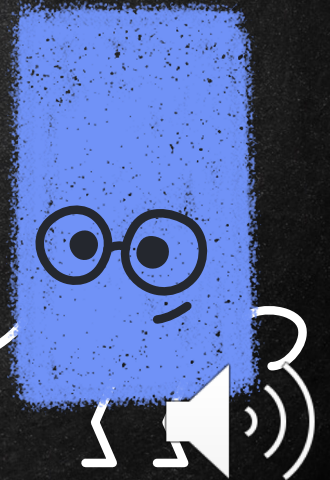
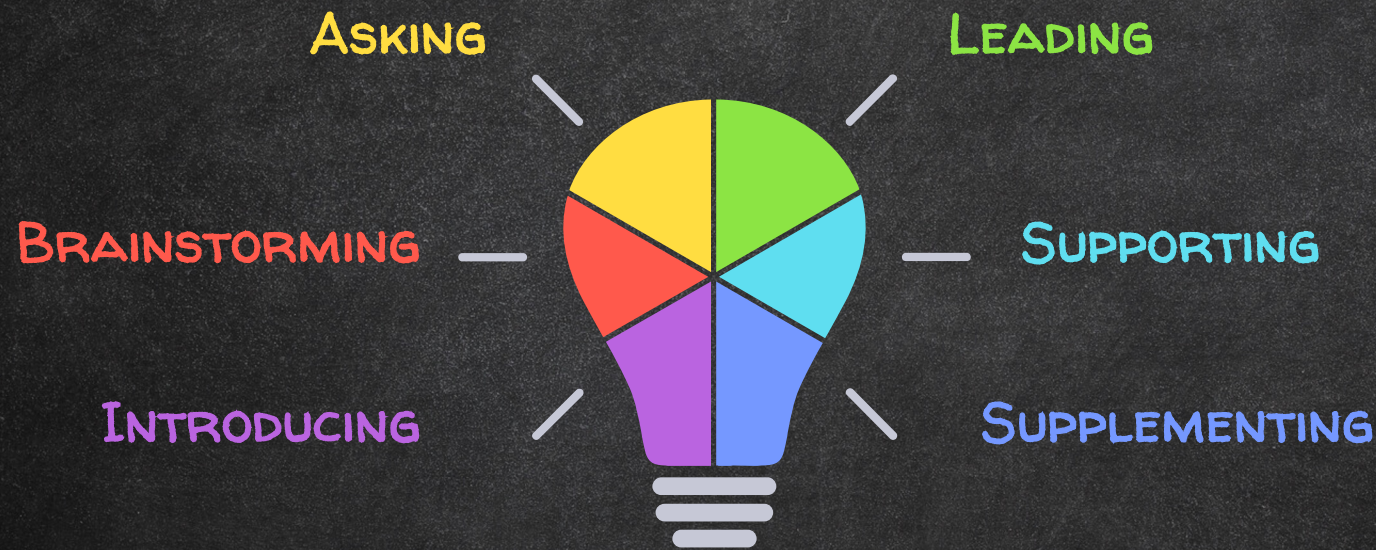


C'MON! NOT  
*ANOTHER* LAME  
DISCUSSION BOARD  
IDEA!





# STUDENT-FOCUSED DISCUSSION BOARDS





THE PROGRAM:  
GRATITUDE-MOTIVATION  
"ENLIGHTENMENTS"!!!

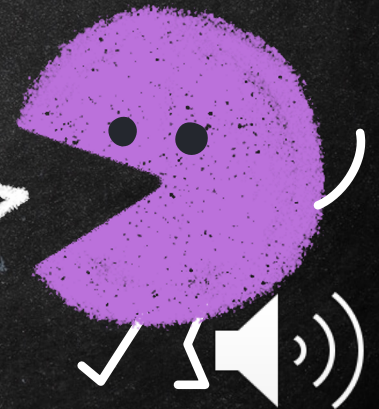
GRATITUDE  
JOURNAL



GRATITUDE  
LETTER

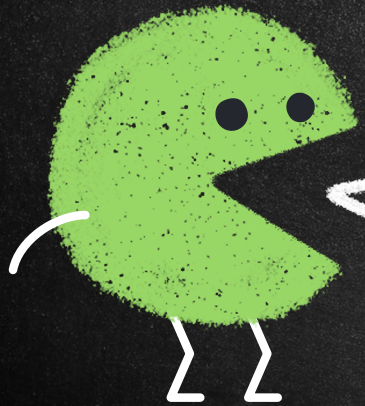
INTRINSIC LEARNING GOALS

For ANY  
course!





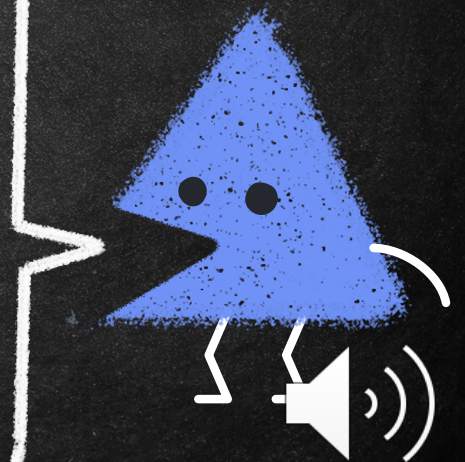
BUT FIRST...  
A WORD OF  
CAUTION ABOUT  
DISCUSSION BOARD  
ETIQUETTE





## GRATITUDE LETTER

- Write & give a gratitude letter to someone you have not entirely thanked. *(This can be anyone, including yourself!)*
- Reflect upon and post answers to the following questions in the Gratitude Letter Forum:
  - Broadly speaking, what kind of relationship do you have with this person? *(Do not identify the person.)*
  - How did you feel after writing the letter?
  - How did you feel prior to delivering the letter?
  - Has anything changed for you or your relationship with that person?

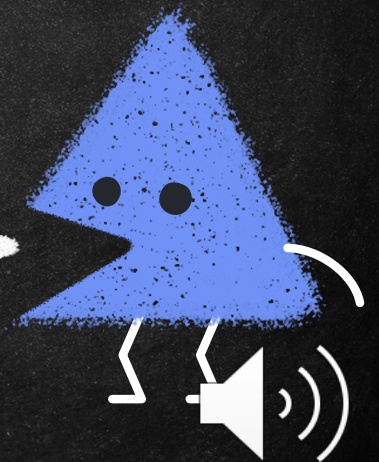




# GRATITUDE LETTER

## → Discussion Board Set-up

- Choose “Add a new Forum” and select “Each person posts one discussion” from the Forum type to allow students to post one original discussion and then respond to other students.
- Include the reflection questions in the description.
- Bold any requirements in the description, such as word count and the expected minimum number of responses to others’ posts.





# MOODLE SET-UP

## STEP 1



Create learning activity

## STEP 2

Add an activity or resource

Search

All

Activities

Resources

Assignment	Attendance	BigBlueButton BN	Blackboard Collaborate	Book	Certificate
Chat	Choice	Database	Echo360 Embed Media..	External tool	Feedback
Forum	Glossary	HSP	HotPot		

## STEP 3

NorthernOnline

Adding a new Forum to Gratitude Program

Forum name

Gratitude Letter Reflections (all students)

Description

Review the article on Discussion Board etiquette prior to completing this activity.

After writing and giving your gratitude letter to someone you have not entirely thanked, reflect upon and post answers to the following questions.

1. Broadly speaking, what kind of relationship do you have with this person. (Do not identify the person by name, and you do not need to provide any details about your relationship or what you wrote in the letter.)
2. How did you feel after writing the letter?
3. How did you feel prior to delivering the letter? (If you did not deliver the letter, explain why from the point of view of your emotions and feelings.)

☒ Display description on course page

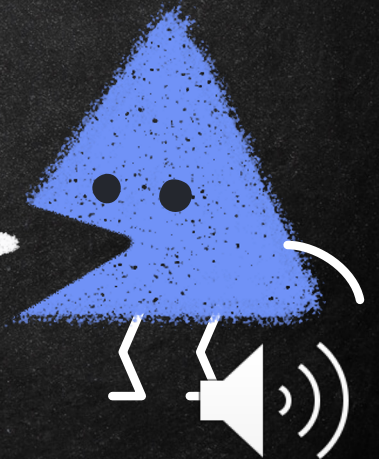
Forum type

Each person posts one discussion

Save and return to course

Save and display

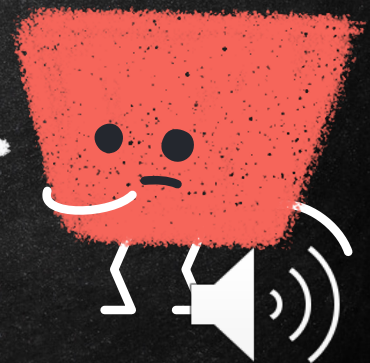
Cancel





## INTRINSIC LEARNING GOALS

- Write a list of 2 to 3 goals you want to accomplish by the end of this course.
- Reflect upon and post answers to the following questions in the Intrinsic Learning Goals Forum:
  - Why did you choose each goal?
  - What is your primary motivator for each goal?
  - What is one step you can take today toward achieving each goal?
  - How will you keep yourself accountable?
  - Who can you ask for support along the way?

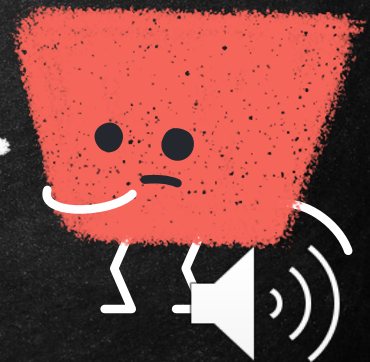




# INTRINSIC LEARNING GOALS

## → Discussion Board Set-up

- Same as given for the Gratitude Letter, plus
- Explain to students they should write one original post that will become their thread.
- Instruct students (1) to provide weekly updates for goal attainment within their individual threads and (2) to respond and provide encouragement to other students (per your requirements).

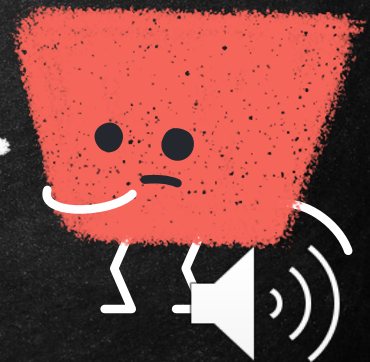




# INTRINSIC LEARNING GOALS

## → Discussion Board Set-up

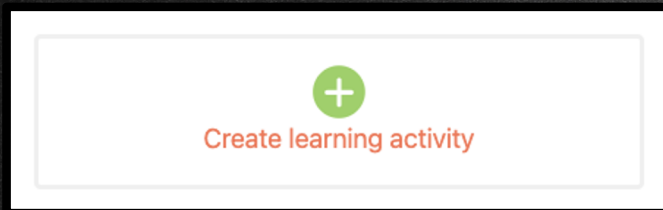
- Choose “**Add a new Forum**” and select “**Each person posts one discussion**” from the Forum type to allow students to post one original discussion and then respond to other students.
- Include the reflection questions in the description.
- Bold any requirements in the description, such as word count and the expected minimum number of responses to others’ posts.
- Provide reminders and guidelines for being courteous and professional.



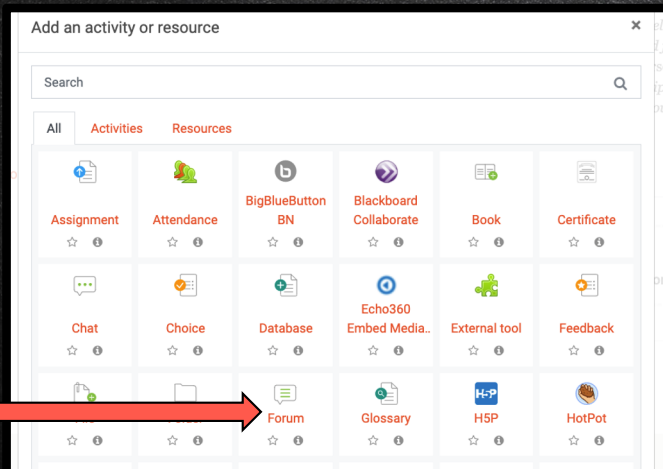


# MOODLE SET-UP

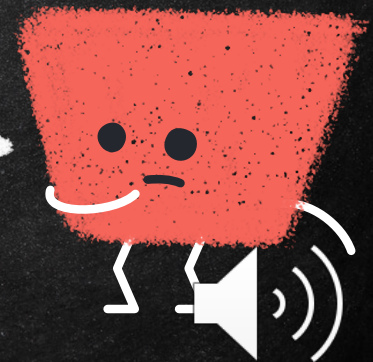
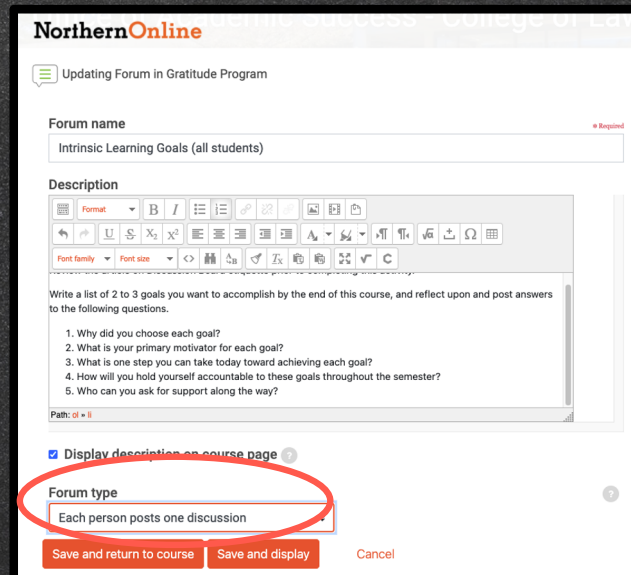
## STEP 1



## STEP 2



## STEP 3





# GRATITUDE JOURNAL

- Write one positive event you are thankful for each week.
  - Examples include educational progress, relationships, leisure activities, positive experiences at school, work, externship, etc.
- Describe how you contributed to that positive event.
- Your journal is private from the rest of the class *except* the instructor who will be able to read and to respond to your posts.

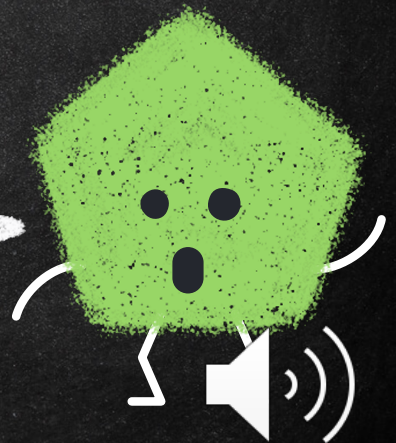




# GRATITUDE JOURNAL

## → Discussion Board Set-up

- Gratitude Journals require a personal forum.
- On Moodle, personal forums can be created using “Restrict access” feature and entering a unique “Release code” for each student.
- Choose the “blog-like format” in the Forum type.
- Personal forums allow students a level of privacy while also sharing their thoughts with and receiving responses from the instructor.
- Students also can download their journals into a portfolio at the end of the course!





# MOODLE SET-UP

## STEP 1



Create learning activity

## STEP 2

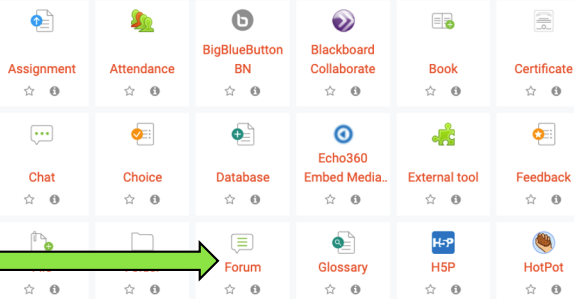
Add an activity or resource

Search

All

Activities

Resources



## STEP 3

Updating Forum in Gratitude Program

Forum name \* Required

Cheli's Gratitude Journal (personal)

Description

Each week, complete the following in a new and dated post:

- Write at least one positive event you are thankful for. (Examples include educational progress, relationships, leisure activities, positive experiences at school or in a placement.)
- Describe how you contributed to that positive event.

**NOTE:** Your journal is private from the rest of the class **except** the instructor who will be able to read and to respond to your posts.

Path: p = span \* strong \* em

☒ Display description on course page

Forum type

Standard forum displayed in a blog-like format

Save and return to course Save and display Cancel

## STEP 4

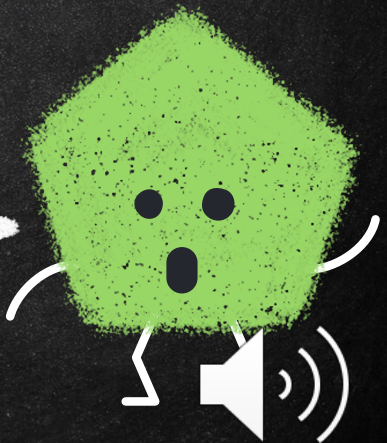
Restrict access

Access restrictions

Student must match the following

Release code Cheli

Add restriction...

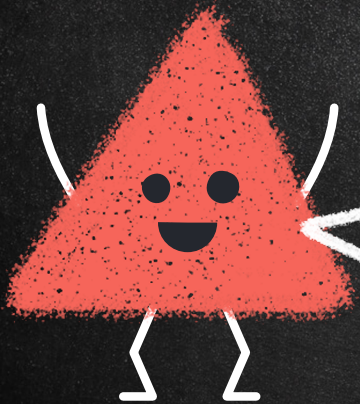




## REFERENCES

Emmons, R. A., & Mishra, A. (2011). Why Gratitude Enhances Well-Being. *Designing Positive Psychology*, 248–262. <https://doi.org/10.1093/acprof:oso/9780195373585.003.0016>

Froiland, J. M. (2018). Promoting Gratitude and Positive Feelings About Learning Among Young Adults. *Journal of Adult Development*, 25(4), 251–258. <https://doi.org/10.1007/s10804-018-9294-0>



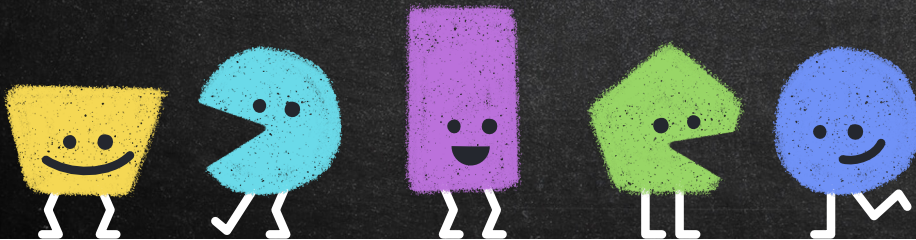




# THANK YOU!

Questions or Comments?

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