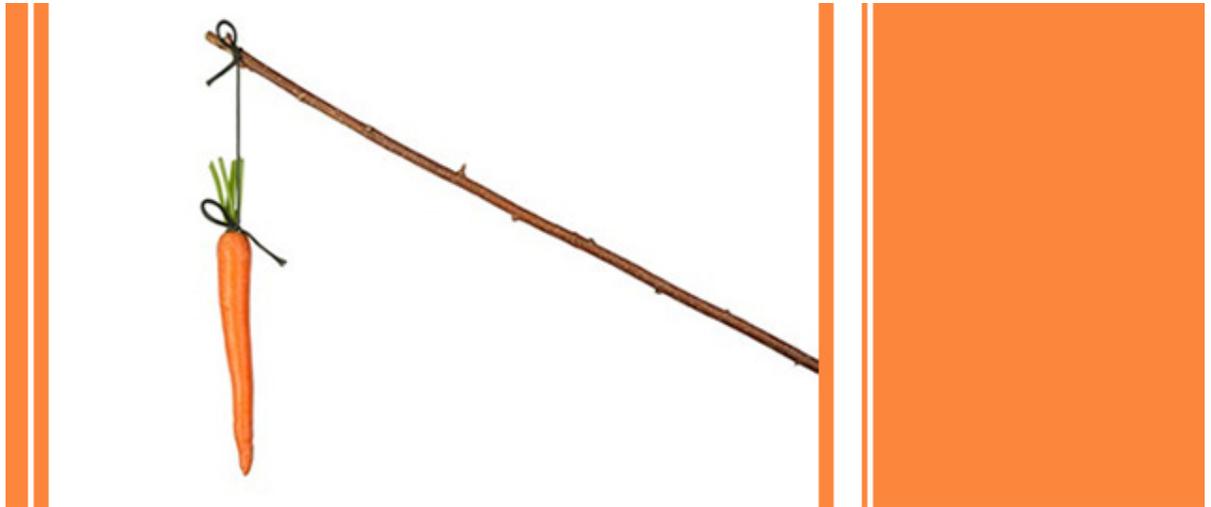


# The 7 Secrets of Motivating Teenagers

## 提升青少年動機的七個祕訣

By [Chris](#)



There is a good reason that the stereotypical view of modern teenagers is they are lazy kids who just want to sleep in, play computer games, surf the net and hangout with their friends. The reason this view exists is because all around the world this is all parents see their teenagers doing.

多數人對青少年的刻板印象就是他們很懶散，只會睡過頭，上網，和朋友瞎混。

The image of the lazy teenager has become so commonplace that many people simply assume that being lazy and unmotivated is a natural consequence of adolescence. Such thinking, while understandable, is essentially misguided.

這樣的刻板印象也讓許多人假設懶散和缺乏動力就是青少年的本性。然而，這樣的想法是誤解青少年的

Once upon a time, teenagers were some of the most hardworking members of society. Long before shopping malls, computer games, and high schools, teenagers were expected to work with the adults, and work hard.

曾有一段時間，有些青少年是這社會中最努力工作的一群。在還沒有購物中心、電腦遊戲和高中前，青少年被期待是和大人們一起努力工作的

Many teenagers responded well to this invitation, did work hard, and were motivated to do so. They did this because what they were doing had a point, and it matched their natural desire to be treated and considered as adults.

很多青少年樂於這樣做，是因為這樣符合他們的本性，且也會被視為是成人

Teenagers worked hard learning a trade, taking on responsibility around the farm, learning to cook and keep house, striving to prove themselves in adult company because they could see these tasks mattered. They understood how what they were being asked to do was preparing them for the future. The jobs themselves were real jobs that had to be done and hence provided a sense of significance and value.

青少年努力學習經商、務農、學習廚藝或家事，在大人的監督下證明自己，因為他們認為這些工作是很重要的；他們了解他們現在所被要求的事情是為了將來做準備。這些工作都是很實際、必須被完成的工作，且這些工作本身給了青少年他們的重要性和價值感

A lot has changed you might say. And you are right a lot has changed. But despite all the changes, teenagers are essentially the same. What has changed the most is the context in which teens grow up and the significance of what they are expected to do.

你也許會說很多事情已經改變。也正如你說的，很多事情已經改變了。但儘管所有事情都改變，青少年的本質仍是一樣的。改變最多的其實是青少年成長的環境以及他們所被期待要做的事情

Very few teenagers completely lack motivation. What many teenagers lack is the motivation to do stuff that doesn't matter, doesn't seem important, or is about satisfying an agenda that doesn't relate to them.

多數青少年其實是有動力的，但他們缺乏動力去做那些不重要，或那些和他們無相關的事情

With this context in mind, here are my 7 Secrets to Motivating Teenagers

有這樣的想法在心中後，我和大家分享提升青少年動機的七個祕訣

## 1. What is In It For Me?

### 1. 這件事情對我的重要性為何?

This is the most important motivational ingredient of them all!

這是提升青少年動機時最重要的一點

If your teen does not understand what the task has to do with them, or their well-being, then it will be a struggle for them to find the desire to carry it out.

假如青少年不了解這工作/任務與他何干，或對他有什麼好處，那他就沒有動力去執行它

Teenagers long to feel significant. They want to demonstrate to themselves and the world that they matter and are capable of making a difference. Many of the problems teens encounter today is because their desire to be significant is ignored or diminished.

青少年期待被別人覺得重要。他們想要展現他們自己，讓世界覺得他們很重要，並能夠讓世界變得不一樣。今日，有許多問題青少年是因為他們希望被別人看重的渴望被忽略

If your teenager understands the value to them of the task, you will have little problem motivating them to do it. At this point, I need to tell many parents that teenagers do not regard “making their parents life easier” as being something of high value to them.

假如青少年了解這工作／任務對他們的價值，激勵他們執行這工作就不會是問題。如果從這觀點而言，我需要告訴許多父母，青少年不會將”讓父母親生活變得更輕鬆”這樣的事情看的很重要

If your teenager wants to wear clean clothes, they will be motivated to cooperate with requirements relating to laundry. If your teenager wants to eat they will find the motivation to cooperate with meal time chores. Some tasks don't have consequences quite so obvious. Personally as a teenager I couldn't see how vacuuming the carpet made any difference to life, so maybe this wasn't the best chore for me to do. I did however notice when the rubbish bin was overflowing. Give your teen chores that *they* can see value in doing.

假如你的小孩想穿乾淨的衣服，他們就會有動力配合和洗衣相關的規定；假如你的小孩想要吃食物，他們就會有動力配合用餐的雜事。很明顯的，有些工作沒有這麼重要，就像青少年會覺得將地毯吸乾淨對生活有什麼差別，所以這也許對他

而言就不是最好的家事選擇。像我就會去注意垃圾桶要滿出來的時候。所以，分配給你的青少年做那些他能夠看到價值或重要性的家事

The other common task that is not meaningful to teenager is homework. Many an adolescent has failed to see the point of learning algebra or ancient history. Trying to explain possible practical uses of abstract learning can be an exercise in futility.

通常青少年也感受不到寫作業的意義。許多青少年看不到學習代數或歷史有什麼重要性，即便父母嘗試解釋給他們聽，並將抽象學習實際應用於生活中的許多例子，但還是徒勞無功

Youth expert [Josh Shipp](#) has a helpful way of dealing with these types of issues. He talks about helping teens understand by using the statement:

有位專家 Josh Shipp 有個有用的方法可以解決像這樣的議題， he 會用以下的說明讓青少年了解

*“You have to do what you have to do so you can do what you want to do.”*

他會說：「你必須做你必須做的事情，這樣你才能夠做你想做的事情」

This is a helpful statement because it is true in so many areas of life. Sometimes we all do work for no other reason than it needs to be done. Helping teenagers see meaningless tasks as part of life's greater goals is a valuable message to pass on.

這是個很有用的說明，因為這在生活中很多領域是真的。有時，我們工作就是因為這些工作是需要被完成的。幫助青少年了解那些所謂無意義的工作也是生活中更遠大目標的一部份，是很重要的

Getting schoolwork done is necessary for a teen who wants to get into the university course of their choice, or be considered for their dream job one day. Getting out and finding a part time job is needed if they want to have money to spend on going out, buying a car, or getting the latest piece of technology.

完成學校課業，對於那些想進入大學的，或是想從事他們的夢想工作的年輕人，是必須的。從事一份工作是必須的，假如他們想要有錢外出消費、買車或是得到最新的電子產品

This axiom also applies to the chores your teen doesn't see as important. By linking the completing of chores to privileges such as use of computers, cars, TV's etc. your teenager learns that sometimes we do things we don't want to do in order to enjoy the

things we want to do. Regular practice is vital to being able to play well when it comes to the day of the game or the performance.

這樣的至理名言放在那些不被青少年看重的家事也同樣受用。藉著將完成家事和可以使用電腦、汽車、電視等特權做連結，青少年就會學習到有時候我們做一些我們不想做的事情是為了能夠享受我們想做的事情。

## 2. Let Them Have a Say

### 2. 讓他們有發言的機會

If your teenager feels like all they are being asked to do is to fit into your agenda, your timetable, and conform to your way of doing things they are not going to be terribly motivated.

假如你的小孩認為，他們所做的一切只是照著你的時間表，並依照你希望他們做事的方式，那就很難有動機

When parents give the reason “Because I told you so,” they create a demotivating environment. Developmentally, teenagers are seeking to establish themselves as their own person, independent from their parents. Is it any wonder that being asked to conform to a parent’s agenda is demotivating?

當父母親們給小孩這個理由 “因為我告訴你必須要這樣做”，那父母親正造就一個剝奪動機的環境。就發展上而言，青少年正尋找能夠自立自強，脫離父母獨立自主的機會。

Give your teenager a say in what and how things are done. If your teenager has had a say in setting the agenda and the timetable they will be much more motivated to participate.

- Discuss with them what chores they would prefer to do around the house.
- Set deadlines, but give them the freedom to choose when and how a task is completed
- Discuss with them what they think is a reasonable expectation and then share your expectations. Try to work to a compromise position you can both live with.
- Give your teenager responsibility for whole tasks. For instance if they have to cook one night a week, let them set the menu and arrange for the shopping to be done. Or if their job is to clean the bathroom let them be responsible for decorating it as well.

假如你的小孩能夠自己說明事情如何被執行，假如他們能夠自己安排自己時間和議程，他們就會有較多的動機去參與事情

- 和他們討論什麼樣的家事他們會想要去做
- 設定工作完成的最後期限，但給他們自由去選擇何時及他們如何想要完成工作
- 和他們討論他們認為的合理期望為何，接著分享你的期望。試著找到彼此能夠妥協認同的點
- 試著將整個工作的責任也賦予給青少年。譬如：假設他們必須一個禮拜煮一頓晚餐，就讓他們能夠設計菜單並負責採買。或是假如他們需要清潔浴室，那就把裝飾浴室的工作也交給他們

### 3. Let Them Learn From Failure

#### 3. 讓他們從失敗中學到教訓

When parents constantly step and rescue their teen's from failing they undermine their teenager's ability to grow up. No parent wants to see their kids fail, but it is through failure that we grow and learn to improve.

當父母親不斷的介入並拯救他們的小孩免於失敗，他們就正在破壞他們小孩成長的能力。沒有父母親想要看到他們小孩失敗，但正因為透過失敗，我們得以成長，並得以改善自己

What gives a task significance is the consequences or what is at stake if it doesn't get done. When parents prevent teens from experiencing the consequences of failure they rob a task of its significance, and hence their teenager's motivation to do better next time.

什麼讓一項工作變的重要，就是它隨之而來的後果，或是假如工作沒有完成，會造成什麼危害？當父母親避免讓小孩體驗工作失敗而帶來的後果時，他們不僅剝奪了這個工作的重要性，也剝奪他們小孩希望在下次能將工作做得更好的動機

If your teen is responsible for taking the rubbish out every week and they don't get it done, then they become responsible for managing the mess and overflowing bins for the following week. They will learn more from this than by a parent repeatedly nagging them at 11pm the night before, or doing it for them.

假如你的小孩負責在每個星期將垃圾拿出去到，但他們並沒有完成工作，那他們就必須在接下來的那個星期負責管理滿溢垃圾的垃圾桶；這比起父母親只是不斷的嘮叨他們，或是替他們倒垃圾，他們會因此學的更多

Similarly, if your teen chooses not to study for an exam and fails they are more likely to be motivated next time. Parents can maximize these opportunities by asking questions rather than giving lectures. Discuss with your teen how they feel about the outcome, what they might do different next time, and ask if there is anything they need from you to help them.

同樣的，假如你的小孩選擇考試前不念書而得到壞成績，那他們在下次就會較有動力做好這件事。父母們可以多多利用這些失敗機會問他們問題，而非只是對他們說教。和你的小孩討論，他們對於事情結果感覺如何，或如果有下次，他們可以如何做，讓結果變得不一樣，但也不忘給他們協助，假如他們需要的話

(If your teen doesn't study and passes anyway then there is no issue - except the sense of perceived injustice parents are inclined to feel.)

#### **4. Help Them to Remember**

#### **4. 幫助他們記得該做的事情**

It is not always the case that teenagers don't do things because they are not motivated, often they fail to follow through simply because they forget. The reality is teenagers, particularly younger ones, are hardwired to forget. Their brains are reforming and haven't yet got all the bits joined up.

青少年不想做事情，是因為他們沒有動機，事情不總是這樣的。有時他們不去做事情，僅僅只是因為他們忘了。事實上，青少年，尤其是越年輕的，他們很容易忘記事情；他們的大腦仍在改正中，而無法將所有小事情連結起來

With all the stuff going on in their life it is very easy for teenagers to get distracted and forget. They need help to remember what they committed to do and to get organized.

青少年很容易因為生活中持續發生的事情，而導致他們分心並遺忘。他們需要協助，去幫他們記得他們想努力的事情以及如何有組織的做事情

It is important to point out that constant verbal reminders from parents, also referred to as nagging, is not the solution. If you nag your teenager, you make it about your agenda and

about keeping you happy. This does not help your teenager's motivation; in fact nagging is a great demotivator.

父母經常性的言語提醒，對他們是很重用的，但這也可以說是嘮叨，並非是最好的解決方式。假如你對你的小孩嘮叨，這就是你的議題，而這只能讓你自己愉快，但嘮叨並不能幫助你的小孩提升動機；事實上，這只會讓他們的動機減少

Teaching your teens to be organized and remember is part of what parent's need to do. Work with your teen to develop methods of remembering that don't require you to be involved.

- Use visual aids such as charts, colour coded rosters or timetables, and place them in obvious places.
- Help your teen create routines in their weeks that help them to establish patterns.
- Leave little hints around the house about a task that needs to be completed
- Get them to use an App or program on their computer, phone, or ipod as part of the reminding process.

教導你的小孩有組織的做事情，並且記得該做的事情，是父母該做的事情。和你的小孩一起找出方法去記得該做的事情

- 用視覺輔助，譬如：圖表、以顏色分類的表單或是時間表，並將他們放在容易看到的地方
- 幫助小孩建立日常生活常規，進而建立生活模式
- 對於需要完成的工作，留下小提示
- 用科技產品，如：電腦、手機、平板電腦去提醒他們

## 5. Make It Achievable

### 5. 讓事情是可達到的（目標）

Sometimes it is the size of the task that teenagers find hard. It isn't that they don't want to do it, but rather they don't know where to start and it all looks to hard.

有時候，事情本身讓青少年覺得很困難。並不是因為他們不想去做那件事情，只是因為他們不知道從哪著手，因為事情看起來如此困難

If your teen is putting off getting started, it can sometimes be helpful to sit down with them to find out how they are feeling about getting it done. Do they know where to start? Do

they feel like they will never be able to do it so can't be bothered starting? Maybe they feel scared about failing?

假如你的小孩一直延遲開始一項工作，有時候坐下來和他們聊聊，了解他們對於事情完成的感受，也許會有幫助。他們知道從哪裡著手嗎？他們會覺得他們無法完成所以就乾脆不要開始工作嗎？也許他們害怕失敗？

Whatever the reason, offering to help your teen think through a process for getting the job done could be just the thing they need.

不論是什麼原因，提供協助來幫助你的小孩完整想過如何讓整個工作完成的流程，也許就是他們需要的

Break the task up into a series of smaller achievable tasks with shorter deadlines. Teenagers often struggle with long term planning, but respond well to more immediate time horizons. By helping your teen come up with a series of small steps, you empower them to work their way through the task.

將一份完整工作分成一個一個可在較短時間完成的小任務。青少年有時沒有那麼擅長長期規劃，但對於即時須完成的事情反應良好。幫助你的小孩想出一連串的小步驟，協助他們用自己的方式完成整個工作

Sometimes it might be worth getting your teen to think of little rewards they could give themselves after each mini milestone is reached.

有時候，可以讓你的小孩想想，什麼樣的小小回饋他們可以送給自己，在每個小小的任務被達成之後，這也是很值得的

This method can be applied to school projects, sporting or artistic goals, jobs around the home, fixing relationships, future careers or even moving out of home.

這方法是用在很多方面，如：學校計畫、運動或美術目標、家事、關係修復、未來的職業或甚至是搬離家時

## **6. Provide Incentives**

### **6. 提供獎勵**

This is a more specific example of point 1 “What is in it for me?” But it is worth spelling out separately.

這是關於第一點”這件事情對我的重要性為何”的具體例子，但值得分開來說明

As mentioned earlier not all tasks have an obvious intrinsic consequence that can be used as motivation. Some school assignments are just there to be done, and some chores don't seem to make a great deal of difference to the immediate quality of life.

如同先前提到的，並非所有的工作本身都有顯明的結果，可被用來當作動機。有些學校作業就是必須被完成，而有些家事也不會對目前的生活品質造成明顯的不同

Even more importantly, some tasks can't be linked to larger outcomes in a way that motivates a teenager. For teenager's who lack confidence and/or natural ability, the motivation to do better in certain subjects at school can be very hard to find. Likewise, for the teen is not naturally coordinated or athletic the motivation to participate in physical activity can be hard to find.

更重要的，有些工作無法跟更大的結果做連結，這樣就無法給予青少年動機。就那些缺乏自信的青少年，具有將學校某些科目搞好的動機是很困難的。同樣的，就那些對運動沒興趣的青少年，要他們參與體育活動也是很難發現動機

For these type of instances providing an additional incentive can help generate motivation where otherwise there would be none. By offering rewards for effort, improvement, or participation, you reinforce in your teenager the values of trying and perseverance, rather than rewarding the act of giving up or resigning.

就上面這些例子，提供額外的獎勵可以幫助他們產生動機，否則將會一無所有。提供獎勵給那些付出努力、改善及參與的行為，你就正面增強你的小孩關於努力不懈的價值，而非獎勵”放棄”這樣的行為

Learning what your teenagers 'love language' is can be a great help in this regard. Does your teen respond well to encouraging words, gifts, quality time, physical affection or some other form of affirmation? Knowing what type of incentive your teen will respond best to will increase their motivation and responsiveness.

關於這部分，知道自己小孩所喜歡的”愛的語言”是有很大的幫助。你的小孩對於鼓勵性的字眼、禮物、陪伴時間、用肢體表達情感或其他方式會有較好的反應嗎？知道自己小孩對於何種形式的獎勵會反應最好就能增加他們的動機和回應

## 7. Make It Fun

### 7. 讓事情變得很有趣

This motivational principle applies to people of all ages, not just teens. Most people are more motivated to do something fun rather than something boring.

這個原則適用在所有人身上，不是只有青少年。當做一些有趣的事情時，多數人會有較多的動機。

Fun is the key ingredient to getting teens active and motivated to participate in social activities. If you want your teen to get out of the house, get active, and make new friends, then explore with them what activities it is they enjoy doing and encourage them to do it. Remember what you enjoy may not be what your teen enjoys. Be sure to show interest and value whatever it is that your teen considers interesting and fun.

讓事情充滿趣味是一個主要元素，可以讓青少年變的活躍，也較有動機參與社會活動。假如你希望你的小孩走出屋子，變的較活躍，並結交新朋友，那就和他們一起探索這些活動，了解他們為什麼喜歡這些活動，並鼓勵他們去參與

Teenager's, particularly boys, respond to competition. No matter how menial the task, any job can be transformed into a passion filled activity if there is a competitive aspect involved. Competition doesn't always require having others to compete against, sometimes young people respond to the challenge to better their own previous efforts.

青少年，尤其是男生們，對”競爭”很有反應。不論是多卑微的工作，任何工作都可以變成充滿熱情的活動，假如這當中有競爭的元素加進來。競爭並不意味的要大家互相競爭，有時候年輕人想挑戰的只是比之前的自己更好

If your teenager can learn something by playing games, watching a movie, or searching the Internet then encourage them to do it. Using technology as part of any task makes it instantly more appealing to young people today.

假如你的小孩可以藉由玩遊戲、看電影或搜尋網路而學習到某些事情，那就鼓勵他們去做。對今日的青少年而言，將科技元素加進來工作中，也會讓工作變得更具有吸引力

So there you have 7 methods for building teenage motivation. As usual if you have some more to add please share with us all in the comments section below.

Reference:

<http://understandingteenagers.com.au/blog/the-7-secrets-of-motivating-teenagers/>