



Who We Are

Motivate Lab is driven to improve people's lives through rigorous motivation research. We focus on understanding the mindsets and motivations that promote learning, growth, and well-being. Those insights are used to develop evidence-based solutions that can be applied across educational, extracurricular, and work contexts.



Our Approach

Our comprehensive suite of tools and services is designed to meet you wherever you are on your journey. We start by **Seeing Your System** by empathizing with stakeholders, synthesizing insights, and creating actionable plans. From there, we help you in **Building Your Skills** through engaging professional development that equips your team with research-based strategies. We partner with you in **Instigating Change** through tailored consulting and support, while also **Sustaining Change** by providing practical tools and resources.

1. Seeing Your System

Our **Discovery and Design Services** help organizations uncover the strengths and challenges within their systems. We then synthesize insights and co-create actionable strategies that set the stage for meaningful, lasting change.

..... Includes:

Site Visits

Surveys

Evaluation

LEARNING MINDSET ASSESSMENT RUBRIC	EMPATHIZE AND LEARN SITE VISITS - IN PERSON
A tool for schools and programs to gather input on how effectively they are supporting students’ learning mindsets during transition periods. Includes access to the tool, data analysis, and reporting.	Motivate Lab conducts a visit to the partner institution to gain an in-depth understanding of how faculty, students, advisors, coordinators, department heads, and administrators think, work, and function together. This visit includes focus groups and group discussions with students, instructors, staff, and administrators. In addition to the data collection, analysis, and reporting received, these focus groups can catalyze key shifts in institutional cultures when voices and experiences are heard in the conversations that take place.
STUDENT VOICES FOCUS GROUP PROTOCOL	EMPATHIZE AND LEARN SITE VISITS - VIRTUAL
A student-led focus group protocol that provides authentic and meaningful insights for ways administrators can enhance student belonging. In addition, the focus group protocol enhances students’ sense of belonging by participating in the activity, particularly for students from historically underserved backgrounds in higher education.	Conduct virtual focus groups and group discussions with students, instructors, staff, and administrators. Virtual focus groups can bring instructors and staff together from across the campus, leading to shifts in institutional cultures. Motivate Lab will execute its focus group protocol to collect data, analyze focus group data, and present its findings in a Data Report.
STUDENT AND FACULTY SURVEYS	
Surveys implemented to assess student and faculty perceptions of their own learning mindsets, the learning environment (i.e., the “psychological air”), and well-being over time.	

2. Building Your Skills

Our **Professional Development Services** deliver engaging and dynamic learning experiences about Mindset GPS (i.e., learning mindsets), with opportunities to practice using it and its associated instructional practices. Motivate Lab offers both asynchronous and synchronous professional development.

..... Includes:

Courses

Workshops

Keynotes

INTRODUCTION TO LEARNING MINDSETS	DISCIPLINE-SPECIFIC PRESENTATIONS
Designed to introduce participants to Mindset GPS, this asynchronous course sets the stage for a deeper dive into how Mindset GPS can be put into practice.	Presentations focused on topics, methods, and standards unique to a particular field of study.
MOTIVATING LEARNERS COURSE	VIRTUAL OR IN-PERSON MINDSET GPS TRAINING
Our course targeting faculty mindsets and associated instructional practices in higher education, enhancing student engagement and supporting students from historically underserved groups in higher education.	Semi-customized training session to introduce or provide greater insight and understanding into Mindset GPS, how to assess the psychological air, and implement Mindset GPS in practice.
MOTIVATING FUTURES COURSE	COMMUNITY OF PRACTICE
Similar to the Motivating Learners course, this course bridges learning mindset-supportive practices with advising.	A group of participants (usually 8-12) focus on deepening their knowledge of Mindset GPS through coaching and embedding assessment of their learning mindset strategies into their courses, facilitated by Motivate Lab experts.
RESILIENT MINDSETS IN MEDICINE	VALUES CONNECTION ACTIVITY TRAINING
Similar to the Motivating Learners Course, this course teaches medical educators learning mindset-supportive practices to create motivationally-supportive environments for medical students.	A 2 hour professional development training on the implementation of Values Connection, including foundational relevance affirmation research, a walk-through of the activity, facilitation best practices, and personalized support in adapting the resource to one’s context.
MINDSET CONVENING	VIRTUAL OR IN-PERSON KEYNOTE
An interactive, full-day convening of up to 100 faculty participants focused on introducing them to student mindsets, their value in the classroom, their relevance for faculty and institutions, and their implications for equity.	We offer engaging keynote presentations in multiple formats, including workshops, panel participation, guest lectures, interactive webinars, and community forums on topics such as student and faculty motivation, effective teaching and advising practices, and more. Our audiences span students, faculty, researchers, advisors, administrators, and even funding agencies.

3. Instigating Change

Our **Data and Consulting Services** help partners integrate learning mindset-supportive practices across their systems to improve effectiveness and impact. Through collaboration, we interpret data, identify insights, and develop actionable strategies that drive meaningful and lasting improvement.

..... **Includes:**

Assessments

Models

Support

THIRD-PARTY DATA ANALYSIS AND EVALUATION	TRAINING AND EDUCATION
We offer descriptive and inferential data analysis for research and evaluation purposes. This can be helpful for projects needing an external data analyst or evaluator.	We provide expert consultation to partners on research methods and statistical learning to support project implementation, data analysis, and the interpretation of results.
DATA SUPPORT	LOGIC MODEL DEVELOPMENT
We offer a wide set of data supports using our team’s expertise, such as the analysis of data that we collect together or as an independent evaluator, quality assessment of measurement tools, and providing recommendations for data infrastructure and analysis.	A facilitated workshop with programs to build a theory of change for their program to guide future evaluation efforts and grant/proposal writing. Includes 3-4 meetings with program staff and key stakeholders (e.g., teachers, staff, students).
GRANT/PROPOSAL WRITING	PREPARING DATA ANALYTIC PLANS
We work with partners to support grant and/or proposal writing efforts, including idea generation, identification of funding sources, background research, generating texts, and preparing final drafts for submission.	We design and outline a specific approach to data collection and analysis, pulling from our decades of experience with research and data analysis.
MEASUREMENT DEVELOPMENT	DATA INFRASTRUCTURE CONSULTATION
We support measurement development by providing an assessment of the reliability and validity of measurement tools in different contexts. We provide this support for applications to both new and existing measures.	We can support partners by providing data capacity and insights regarding how to best manage and utilize data from their programs.
RESEARCH SUPPORT	
We consult and provide support in the writing of academic papers and reports, along with the preparation and execution of research studies.	

4. Sustaining Change

Our **Resources** offer open-access tools and activities that help partners apply and sustain learning mindset-supportive practices within their systems. Designed for flexible use, they promote reflection, strengthen shared values, and support continuous improvement across educational contexts.

..... **Includes:**

Newsletters

Toolkits

Repositories

THE NAVIGATE PROJECT NEWSLETTER	VALUES CONNECTION ACTIVITY
A quarterly newsletter for the Navigate Project focusing on the applications of Mindset GPS to students’ transitions through postsecondary pathways.	A research-based activity in which students explore their most important personal values and connect these values to their education and career goals, with specific versions available for: Middle school and lower high school students, Upper high school students, and Dual credit courses.
THE NAVIGATOR TOOLKIT	HIGH IMPACT PRACTICES RESOURCE REPOSITORY
An online repository of evidence-based resources and activities that highlights learning mindset supportive practices.	Developed for easy implementation by instructors, each resource is available as a step-by-step practice guide, an informational overview, or a practice overview, and is designed to foster Mindset GPS among students.



Ready to collaborate?



scan the QR code or visit **motivatelab.org/contact**
to connect with us and learn how we can support your goals