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Titolo	Boredom in the Classroom [[electronic resource]] : Addressing Student Motivation, Self-Regulation, and Engagement in Learning // by Gayle L. Macklem
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Chapter 1: The Academic Emotion of Boredom: The Elephant in the Classroom -- Chapter 2: Unmasking Boredom: It's Not so Simple or Uninteresting - Boredom is Both Interesting and Complex -- Chapter 3: The Many Faces of Boredom: A Negative Emotion that is so Common, It Is Simply Accepted, or Brushed Off -- Chapter 4: Theory: What Is Causing Our Students to Tune Out and Turn Off? -- Chapter 5: Interventions for External Variables: What Can Teachers Do to Add a Bit of Excitement to Learning in the Classroom? -- Chapter 6: Interventions for Internal Variables: Some Students Cannot Turn It on - They Need More than Great Teachers and Interesting Lessons.
Sommario/riassunto	This brief synthesizes current findings on the many aspects of chronic student boredom, its relationship with negative academic, emotional, and health outcomes, and what professionals can do to best address it. Citing the complexity of this common student emotion, the author

spotlights boredom susceptibility during the critical K-12 years. The brief analyzes cognitive and emotional attributes of boredom and identifies emotional skills that can be strengthened to counteract it. In addition, the volume features strategies for educators and school counselors to reduce boredom, both internally and in class. This stimulating volume: Argues that boredom shouldn't be ignored or dismissed as a passing phase. Examines various types of boredom as well as gender and cultural differences. Explores boredom in the contexts of anxiety and depression and in non-school situations. Provides theory on causes of boredom in students. Details how student self-regulation, motivation, and engagement can be improved. Describes specific roles teachers and mental health professionals can play in controlling boredom. Boredom in the Classroom is an essential resource for researchers, scientist-practitioners, clinicians, and graduate students in the fields of child and school psychology, educational psychology, social work, and related disciplines.
