

Warm Nudge Templates

Warm nudges are reminders and encouragements sent out to students before class or a due date of an assignment or test. As an educator, feel free to use these as templates for your classes.

Why Warm Nudges Work for This Generation

They boost follow-through, increase attendance, and help students feel cared for, which directly improves persistence. Warm nudges align with:

- adolescent brain development
- reduced working memory under stress
- need for relational safety
- increased sensitivity to ambiguity
- high initiation cost for tasks with unclear steps
- value of external scaffolding as executive functioning develops

Assignment Nudges

Nudge 3–5 days before due date

Hi all — Assignment 2 is due in a few days.

Your only job today is to complete Step 1. That's enough.

If starting feels hard, use one of the starter sentences in the assignment sheet. You've got this.

Nudge 48 hours before

Quick reminder: Assignment 2 is due in two days.

If you're stuck, bring a question to class or email me a draft paragraph — even a messy one. Small steps count.

Nudge 24 hours before

24-hour heads-up!

If you're overwhelmed, choose ONE tiny task:

- write 2 sentences
- find 1 quote or data point
- outline 3 bullet points

That's enough to keep you moving. I'm here if you need clarity.

Nudge 6 hours before

You're almost there.

If you need a boost: set a 10-minute timer, do one part, then take a break.

If confusion is the barrier, email me now — you will not be bothering me.

Attendance & Engagement Nudges

Before class

Looking forward to seeing you tomorrow.

Bring your notes from last class — we'll use them to complete a draft in class (and reduce your homework!).

If attendance is slipping

I miss having you in the room — your perspective matters here.

Come as you are tomorrow; just showing up is a win.

We'll start with a quick 3-minute activity to help everyone get back on track.

Help-Seeking Nudges

General

If something isn't clicking, now is a great time to reach out.

A one-paragraph question is enough. You do NOT need a polished draft to come to student hours.

Encouraging office hours

Student hours this week: Wed 2–3, Fri 10–11.

If you're thinking, "I'm not sure what to ask," that is the perfect reason to come.

Bring confusion — I'll help turn it into a plan.

When a student seems stuck

Noticing you haven't submitted the last practice activity.

Totally okay — let's reset.

What's one small step you can take today? Reply with 1–2 sentences and we'll make a plan from there.

Participation Nudges

Before a discussion-heavy day

Tomorrow we'll do think-pair-share.

If speaking in class feels hard, know that writing, typing, or anonymous responses count as participation too.

Everyone's voice has a place here.

When students are quiet

If today felt quiet, that's okay.

Next class I'll offer more low-risk ways to join the conversation, including anonymous questions and pair work.

Your thinking matters even when it's not out loud.

End-of-Week Momentum Nudges

Friday reset

If this week was tough, let's reset.

What's one goal for next week in this class?

Reply with a word or phrase — I'll help you build a first step on Monday.

Celebration nudge

Proud of the effort I'm seeing.

Even small wins (showing up, writing one paragraph, asking one question) add up over time.