

# MOTIVATION

is stimulating one's desire to learn or do something.

## INTRINSIC AND EXTRINSIC MOTIVATION

**Intrinsic** motivation is a student's interest in or desire to do something with no external rewards or consequences. This includes genuine curiosity about a topic and feelings of fulfilment upon understanding.

**Extrinsic** motivation includes all the reasons why a student might feel pressure to learn or complete something. This includes familial or societal expectations, financial pressures, or career goals.

## WHAT IMPACTS MOTIVATION?

**Competence** - students need to know how to do things and their relevance.

**Relatedness** - students need to feel they are valued and are part of a group.

**Autonomy** - students need to feel they can make their own choices.

↪ **Self-determination theory suggests that satisfying these needs should increase motivation!**

## SETTING GOALS CAN BE MOTIVATING

When students **set their own goals**, that are **concrete, challenging**, but **achievable**, and they receive **feedback** on, this can be motivational. Student autonomy in setting these goals is important.

**Underperformance** is not necessarily due to lack of motivation. Students may be motivated to learn, but **not know how** to do the work. How do you know **what is motivating** to students?