

Motivation



Both an art and science...
Much like teaching :)

Defined



- A force that energizes, sustains, and directs behavior toward a goal
- Extrinsic motivation occurs when someone thinks they will gain some direct benefit from doing something
- Intrinsically motivated people do things because they know they will become better people or help make the world better

Checklist of 8 factors affecting motivation

- ✓ Meeting Maslow's hierarchy of needs, including the need for unconditional positive regard
- ✓ Expectancy for success (self-efficacy)
- ✓ Task value/utility/importance
- ✓ Perception of task difficulty
- ✓ Intrinsic interest
- ✓ Cost
- ✓ Presence or absence of goals and strategies to achieve those goals
- ✓ Locus of control (attribution)

Application Activity



- Reflect upon your own experiences being **UNMOTIVATED** to do something
- Go through the checklist on slide #3 and metacognate about that experience in light of the items on the checklist