

Title: Motivation.

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?

1. Competence – students need to know how to do things and their relevance.
2. Relevance – students need to feel they are valued and are part of a group.
3. Autonomy – students need to feel they can make their own choices.

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

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?