

MOTIVATION FOR STUDENTS | Ananda Theer

WHAT IS MOTIVATION

*A driving force or reason for one's actions, including behaviors.

- * Impacted by one's needs (Khan Academy, 2020).
- * Psychological
- * Psychological
- * Learned
- * Relevance of task to their own goal.
- * Level of work required.

TYPES OF MOTIVATION

Intrinsic and Extrinsic (Khan Academy, 2020; Vanderbilt, 2020).

*Intrinsic:

- * Internal factors.
- * Sense of accomplishment.
- * Makes one happy.
- * Enjoyable.

*Long-lasting.

*Impact on behavior changes may be slow.

TYPES OF MOTIVATION CONTINUED

- * Extrinsic
 - External factors.
 - Expectations.
 - Rewards.
 - Obligations.
- * Short-term.
- * Behavior changes occur more easily.

WAYS TO ENCOURAGE MOTIVATION

(GARDNER, 2013, WHITE, 2018)

- * Provide examples.
- * Different methods.
 - Paper and pencil
 - Hands-on
 - Reading
 - Group research
 - Discovery
- * Constructive criticism.

ENCOURAGING MOTIVATION CONT.

- * Provide choices.
 - To exhibit knowledge
 - What/How to complete tasks
- * Check for understanding.
- * Share triumphs and tribulations.
- * Set high expectations.

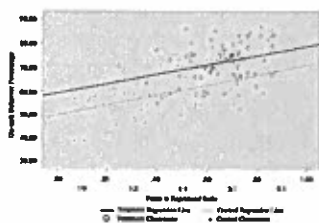
PRAISE

(KLEBERG, LITVIN, WILLIAMS, DOWD, WELLS, & MOYI, 2000; MCGEE, 2010)

- *Provide frequently.
- *Specific not generic.
- *Effort over ability.
- *Promote growth mindset.
- *Ratio of praise to reprimand.

PRAISE TO REPRIMAND RATIO

(KLEBERG ET AL., 2001)



REINFORCERS

(DE FRAZ, GINSCH, EDWARDS-BOWERS, BOSTERLIE, SEPRATE, & HANSEN, 2014; PAGE, 2011)

- *Reinforcement vs bribery.
- *Immediate vs delayed.
- *Reinforcement categories:
 - Activities
 - Edibles
 - Money
 - Social
 - Tangibles

HIERARCHY OF NEEDS

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