

# MOTIVATIONAL LEARNING

*There are many different theories of motivation. In Educational Psychology, we focus specifically on motivation for learning rather than for behavior. The major.*

Successful students know how to self-regulate control their own learning and the factors that impact their learning. Alternatively, think about the reward of accomplishing the goal or at least the feeling of being getting it over with as a motivator. Be free with praise and constructive in criticism. Chunk your study, work, and reading times into small sections minutes with breaks in between. Sleep is important to motivation. Students are individuals, so a variety of approaches may be needed to motivate different students. Include your image of success to include personal and social success and growth. Google Scholar Kim, C. Google Scholar Keller, J. Few people wake up wanting to do unpleasant or boring tasks. Franken, R. Location, location, location. Structure healthy habits like meals, sleep, exercise, and study times into your daily schedule and then stick with it. Breaks are important for your focus, health, and motivation and should be worked into any study time. Students find as satisfying as reasoning through a problem and discovering the underlying principle on their own. Receiving a reward or feedback for an action usually increases the likelihood that the action will be repeated. These are intrinsically motivated students who are often a joy to teach! Maslow, A. For most people, their dorm room or bed are not ideal, as they come with many distractions. Towards a theory of intrinsically motivating instruction. Google Scholar Spector, J. This handout explores common challenges when it comes to accomplishing tasks and shares several tips and strategies to improve your self-motivation. Videos There are many different theories of motivation. Some strategies for promoting intrinsic motivation include arousing interest in the subject matter, maintaining curiosity, using a variety of interesting presentation modes, and helping students set their own goals. Often, one needs to escalate the rewards and punishments over time to maintain a certain effect level. It can be challenging to devise appropriate rewards and punishments for student behaviors. They react well to competition and the opportunity to best others. McClelland, D. Teach by discovery. Give students options for how these assignments are weighted. Motivational design of instruction. List out what is preventing you from doing what you need to do, then find ways to tackle those things. Journal of Educational Psychology, 84 3 , Implementation intentions and effective goal pursuit. Hillsdale, NJ: Erlbaum. Include daily, weekly, semester, and long-term goals. Google Scholar Pintrich, P. Reminder yourself of how this task or step gets you closer to your big goals. If you know you struggle with something, make it more difficult for you to indulge in that temptation. Compliment yourself and tell yourself you can do it. Build a routine and healthy habits.