

Motivation



WEEK 9.2

motivation



- Something that energizes, directs, and sustains behavior; it gets students moving and points them in a particular direction and keeps them going

Extrinsic vs intrinsic



- **Extrinsic**

- External to the individual
- Unrelated to the task itself
 - Ex. Motivated to get the free dinner
- Superficial processing

- **Intrinsic**

- Internal to the individual
- Related to task
 - Motivated to read because enjoy reading
- Tend to approach assignments more willingly and process more effectively