

# Introduction to Motivation

**In this section, we will explore the following topics:**



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- What is motivation
- What affects motivation
- Procrastination

# What is Motivation?

Motivation can be defined as the “willingness to do something”.

Without motivation, it can be incredibly challenging to even begin tasks that you know need to be completed.



# What are the types of motivation?

## **Extrinsic Motivation:**

An external source of motivation that does not come from yourself, usually fuelled by the promise of a reward, such as money or praise.

- For example, finishing an assignment is an extrinsic motivation as you want to finish the course and receive a grade.

## **Intrinsic Motivation:**

An internal source of motivation that comes from inside of you, the prospect of feeling emotionally rewarded and confident.



- For example, this could be the emotional satisfaction that you feel after completing a challenge that you have set for yourself.

# What impacts your motivation?

<b>Environmental</b>	<p>Everything physical around you.</p> <ul style="list-style-type: none"> <li>• Do you work best in your room or somewhere public?</li> <li>• Can you work in a cluttered environment or do you need it to be tidy?</li> <li>• Do you need silence or prefer music or ambient noise?</li> </ul>
<b>Emotional</b>	<p>The mood that you are in when you work.</p> <p>Do you need to be feeling a particular way to work at your best?</p>



# What impacts your motivation?

<b>Sociological</b>	<p>The influence of other people around you.</p> <ul style="list-style-type: none"> <li>• Do you work best when alone or with others?</li> <li>• If you would rather work within a group are these with close friends or with your peers?</li> <li>• Would a study group help you to work?</li> </ul>	
<b>Physiological</b>	<p>The state of your body while you work.</p> <ul style="list-style-type: none"> <li>• Do you prefer to be moving or staying still?</li> <li>• Does hunger affect your ability to work, or the time of day?</li> <li>• Are you getting enough sleep?</li> </ul>	

# What impacts your motivation?

<b>Psychological</b>	<p>The impact of your own mind while working.</p> <ul style="list-style-type: none"><li>• How quickly do you take in information?</li><li>• Do you need to go over things several times?</li><li>• Is there a particular learning style that suits you best?</li></ul>
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Hargreaves, Sandra & Crabb, Jamie: "Study Skills for Students with Dyslexia: Support for Specific Learning Differences (SpLDs)" 3rd Ed, Sage Publications, 2016

# The different mindsets:

## Fixed Mindset

You believe your abilities are fixed, and there is nothing you can do about it.

## Growth Mindset

You believe that your abilities with can be developed through effort, application, experience, and practice.

I can't do this essay

I just don't understand



I need to do more research for this essay

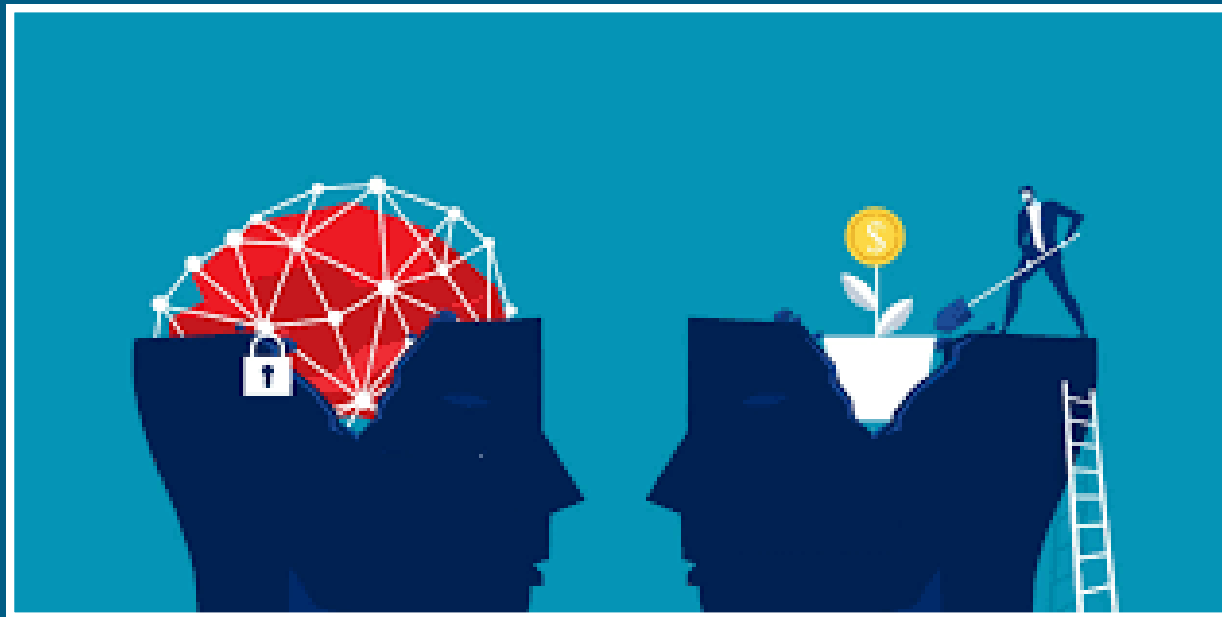
I can ask my tutor for more guidance





‘It can be difficult to know how to alter your mindset, but the benefits of doing so can help you make huge strides in improving your situation and boosting your motivation’

Hargreaves, Sandra & Crabb, Jamie: “Study Skills for Students with Dyslexia: Support for Specific Learning Differences (SpLDs)” 3rd Ed, Sage Publications, 2016



**In this resource we will learn how to move towards a Growth Mindset.**

**A Growth Mindset will enable us to:**

- Work towards goals (see the resource ‘Starting to Push Forward’)
- Organise time, resources, prioritise actions and allow for flexibility (see the resource ‘Time Management’)
- Deal with competing pressures (see the resource ‘Time Management’)
- Seek advice and support when needed (See the resource ‘Wrapping Up’)

# What is procrastination?



Procrastination is “the action of delaying or postponing something” and is something that many of us do when faced with a workload we may not feel ready for.

Occasionally we may prioritise other, smaller tasks over one that is more important.

Hargreaves, Sandra & Crabb, Jamie: “Study Skills for Students with Dyslexia: Support for Specific Learning Differences (SpLDs)” 3rd Ed, Sage Publications, 2016

# What is procrastination?



Psychologists have observed two types of procrastinator:

- Those who delay work because they are concerned about failure or not living up to expectations.
- Those who delay work because they find the task to be unfulfilling and boring.

Hargreaves, Sandra & Crabb, Jamie: "Study Skills for Students with Dyslexia: Support for Specific Learning Differences (SpLDs)" 3rd Ed, Sage Publications, 2016

# Why do we start to procrastinate?

- Not feeling confident in your ability to complete the task.
- Being tempted by something fun and less stressful.
- Feeling tired, physically or emotionally.
- Lack of pressure from a deadline that seems far away.
- Being distracted by smaller, unimportant tasks around you.

Identify what makes you procrastinate.

If you find you're delaying a task, ask yourself what it is about this workload that keeps you from focussing.

- . Are you lacking in confidence?
- . Do you not feel prepared?
- . Are you overwhelmed by your workload?

If you can pin down the issues, you can then take steps to push through, such as communicating with your tutor or finding support from your peers. You can also practise time management exercises, which you'll find later on in this resource.

## Checklist

- ☐ Do you know what 'motivation' means?
- ☐ Do you know what impacts our motivation?
- ☐ Do you understand the difference between growth mindset and fixed mindset?
- ☐ Do you know what is 'procrastination' means?
- ☐ Can you identify what might make you procrastinate?