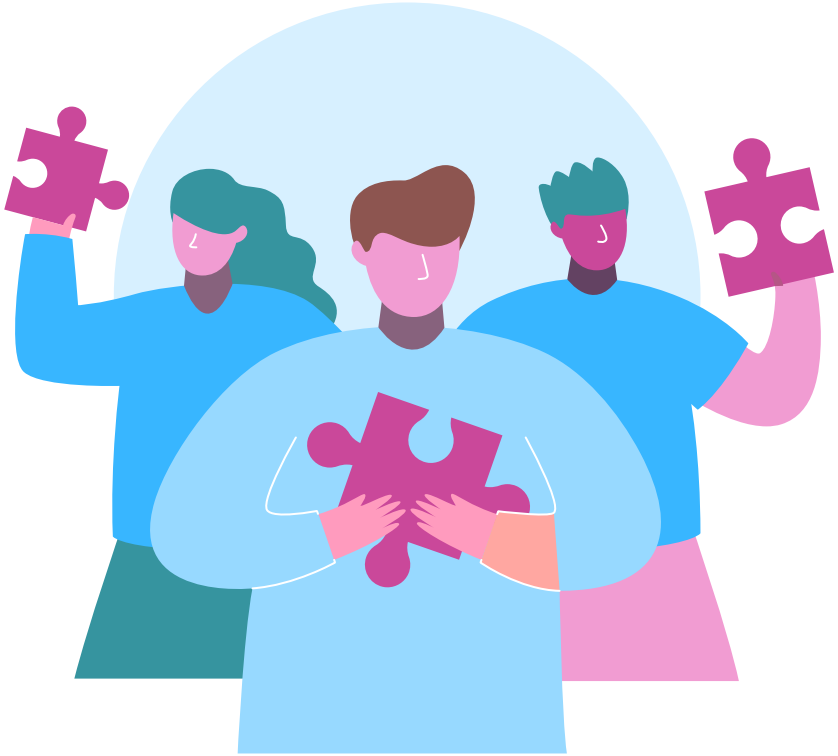
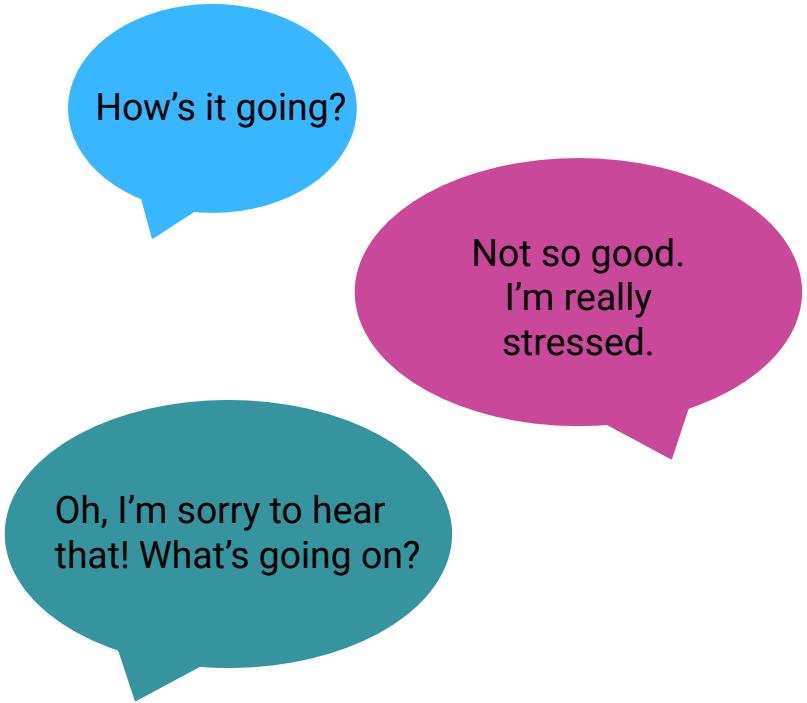
Session 57: Motivation

ENGin



Greet Your Volunteer!

- Say hello
  - “Hi!”
  - “Hey!”
  - “Hello!”
- Say that it’s good to see them again
  - “It’s nice to see you again!”
  - “I’m happy to see you again.”
- Ask how they are
  - “How’s it going?”
  - “How are you?”
  - “How is your week going?”
- If they are good…
  - “That’s great!”
  - “Glad to hear that.”
- If they are not so good
  - “Sorry to hear that.”
  - “That’s too bad. What’s going on?”



Motivation

What does motivation mean to you?

How are you best motivated?

When did motivation help you achieve a goal?



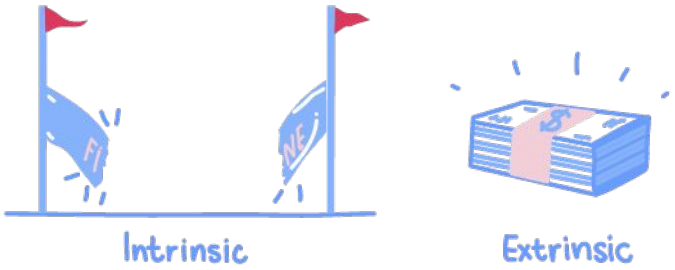
Do you think that motivated people are more successful than unmotivated people?

Do you think motivation can be a bad thing? When?

Intrinsic vs. Extrinsic Motivation

Do you know the difference between intrinsic and extrinsic motivation?

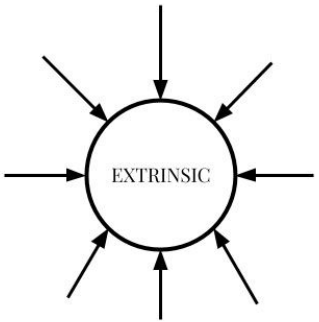
Watch this video

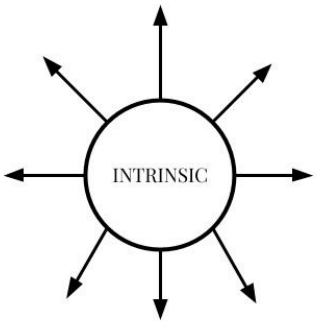


- Do you understand the difference between intrinsic and extrinsic motivation?
- What did you think of the two scenarios in the video?
- Can you relate to either Mira or Tom? In what ways?
- Are you usually intrinsically or extrinsically motivated?

Intrinsic vs. Extrinsic Motivation

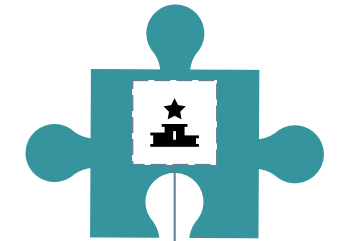
When someone needs motivation, do you think intrinsic (curiosity, liking the activity, etc.) or extrinsic (money, rewards, etc.) factors are more effective?



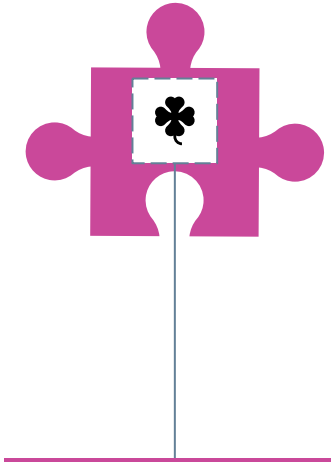


Which one, if any, is more important in your opinion?

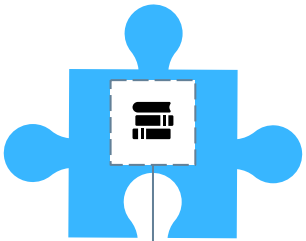
Internal motivations infographics



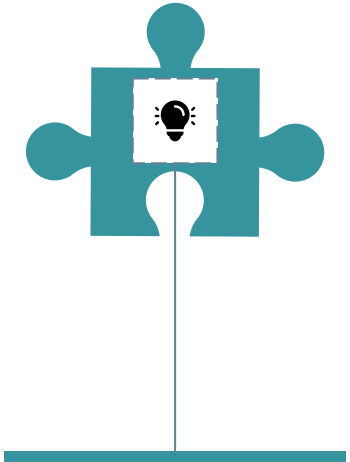
How do you motivate others to do something?



Can someone destroy another person's motivation? How?



What motivated you to learn English?



How do you maintain your motivation when you fail?



When do you feel the most motivated?

Role of motivation in schools

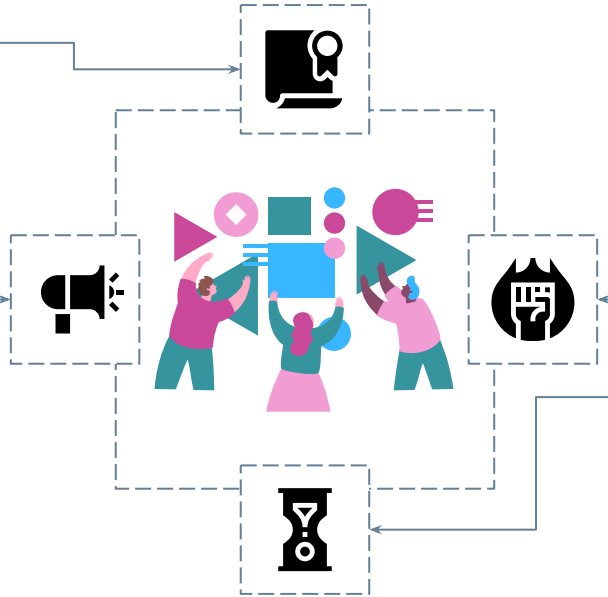
Some psychology experts say that rewarding students for getting good grades can lead to negative results. For example, if a young student is awarded once for getting a good grade, then the student may lose motivation to get good grades in the future if they aren't rewarded again. Have you ever had something similar happen to you?



Role of motivation in schools/workplaces

How do you think students/employees should be motivated in schools/at work?

What keeps you motivated in school/when studying/working?



What are some common motivation strategies in schools/workplaces in your country? Are they effective in your opinion?

What is something that teachers/chiefs do that helped you get motivation in school/at work?