

Getting to Know Me

What motivates me?



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In this module we will look at how to work with learners to identify and empower them to communicate what motivates them in learning



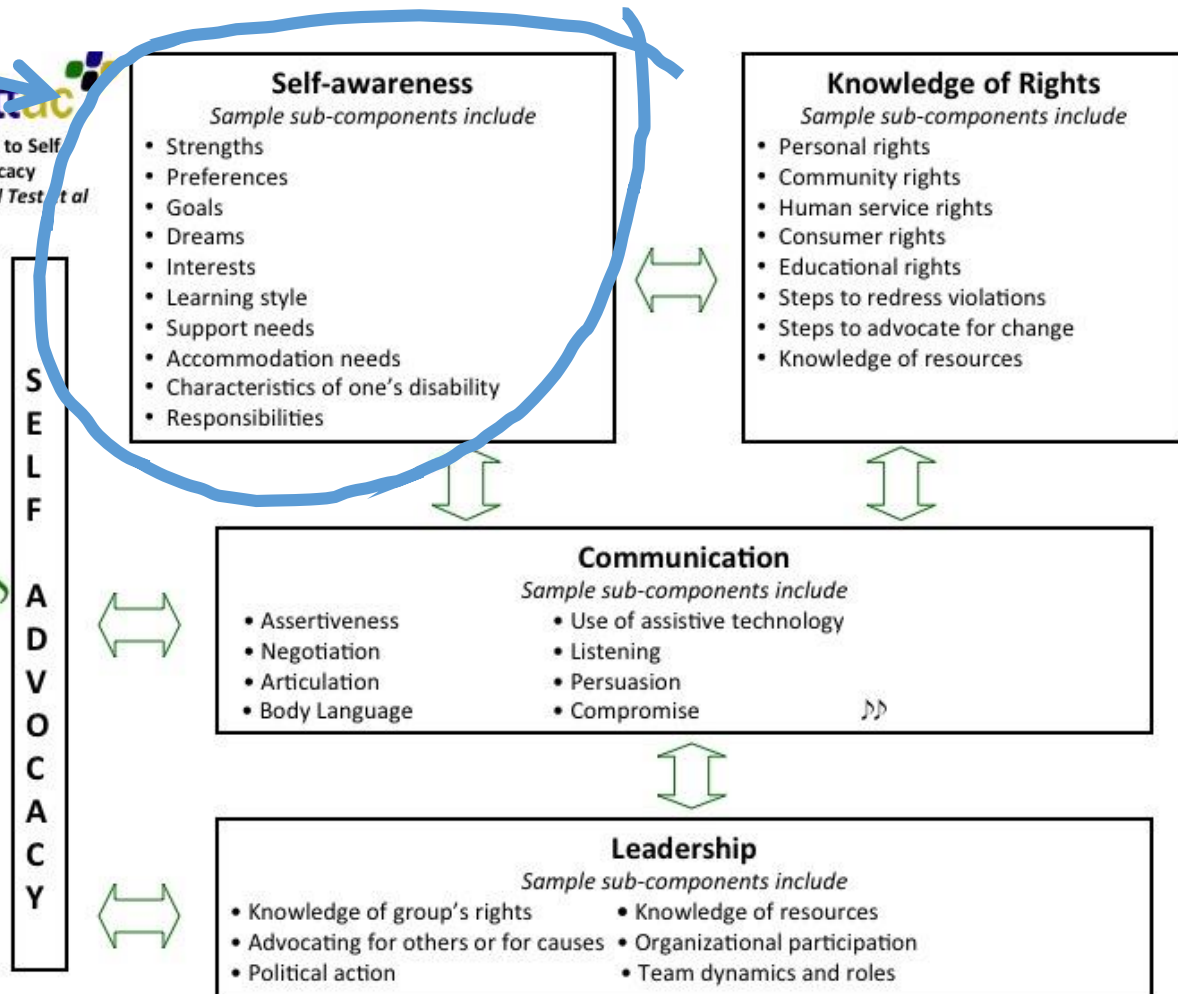


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David Test Model



nstrac
Steps to Self
Advocacy
David Test et al



Motivation Theory



- **Intrinsic**

involves engaging in a behaviour because it is personally rewarding; essentially, performing an activity for its own sake rather than the desire for some external reward

- Participating in a sport because you find the activity enjoyable and makes you feel good
- Solving a word puzzle because you find the challenge fun and exciting
- Playing a game because you find it engaging

In each of these instances, the person's behaviour is motivated by an internal desire to participate in an activity for its own sake

- **Extrinsic**

occurs when we are motivated to perform a behaviour or engage in an activity to earn a reward or avoid punishment

- Studying because you want to get a good grade
- Cleaning your room to avoid being reprimanded by your parents
- Participating in a sport to win awards
- Competing in a contest to win a prize

In each of these examples, the behaviour is motivated by a desire to gain a reward or avoid an adverse outcome



How do we activate the intrinsic and self motivation of our learners?

What motivates and drives us?

Using Person centered tools - Interests and likes

What works for the individual

What are our interests and how can we harness this within our learning

What does achievement and incentive look like in education?

Praise

Certificate

Acknowledgement

Stickers /stamps

Time rewards

Social engagement

Achieving goals

New challenges

Improving skills and knowledge

Feedback from others

Growth

leadership





Discussions

- Have you learnt anything new about yourself? Has it made you reflect on your own drivers or how you teach?
- How do you think this knowledge will empower your learners to take responsibility for their own motivation?
- Do you think this could enable students to be better communicators and knowledge about themselves?
- What types of motivators do you currently use? Have you thought about different types you could use?
- How does this then impact on the wider classroom?
How do you think this could help you to plan for the individualized teaching and learning?

