Motivation: Your Internal Force

Motivation is the feeling, emotion, or desire that moves a person to take action. The strength of your motivation to do something such as achieving a goal determines the intensity and determination for achieving the goal. There are two forms of motivation: intrinsic and extrinsic. Intrinsic motivation is the driving force from within you while extrinsic is the driving force from sources outside of you. The key to motivation is to maintain a high self-esteem and self-efficacy. Maintaining the two will result in improved self-confidence, positive self-talk, high achievement, positive perceptions of self and others, and rewarding relationships.

Incentive Theory VS Expectancy Theory

**Incentive Theory:** states that rewards and incentives are driving forces behind behaviors.
- Reward yourself in some way. You can take a 5 minute break from studying, watch a movie after your homework is completed, or just go for a walk.
- Receiving a good grade on a test or getting admitted into a program are other examples of rewards students may experience.
- Motivation to not cheat is important. Keep in mind there are harsh consequences for those who do cheat.
- Motivation works best if one places a high value on a goal: placing just as much of a high value on a regular test in the semester instead of just the final exam at the end of the semester.
- Make sure the goal that one is trying to achieve is obtainable. If a student finds the material rather difficult, it is best to set a goal of a B instead of an A+ because that will only bring down their confidence.
- Ask questions such as: What benefits will I gain? What are the downfalls of not achieving this goal so I can be prepared?

**Expectancy Theory:** states that the believe and confidence in the ability to complete a goal drive behaviors.
- Visualize success by picturing yourself behave in a certain way. Picture yourself performing steps to achieving a goal to strengthen your self image.
- Use positive self-talk. Encourage yourself mentally to do well and to push for your goal. Try to not think about topics that are negative before actually attempting the goal.
- Use affirmations. Reward yourself with positive words and tones, writing them in present tense, with certainty and conviction: keep it short, simple, and repeat it often.
- Letting go of the past and looking at the goals in the present is important to achieve them. Don’t waste time on past mistakes but learn from them.
- Use self-management. Ask questions like: Are my incentives important to me? Are they realistic? Am I using intrinsic or extrinsic motivation? What strategies can I use to strengthen my intrinsic motivation?


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