



Motivation, Affect, and Mindfulness

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“ABILITY

is what you're capable of doing.

MOTIVATION



determines what you do.

ATTITUDE

determines how well you do it.”

- Lou Holtz

m o t i v a t i o n

- ▶ Initiates, guides, and maintains behavior.
- ▶ Causes us to act – to **DO**.
- ▶ Helps us create and achieve our goals.
- ▶ Can be affected by internal factors (**inside** people - beliefs and feelings). 
- ▶ Can be affected by external factors (**outside** people - rewards and punishments). 



- Motivation increases effort and persistence.
- Motivation influences what you pay attention to.
- Motivation influences how you feel about certain things. ❤️



Intrinsic and Extrinsic Motivation

Intrinsic Motivation

- ▶ Is the motivation that comes from **inside** yourself.
- ▶ Satisfaction comes from the journey, and the way it makes you **feel**.
- ▶ The activity **IS** the reward

Extrinsic Motivation

- ▶ Is the motivation that comes from **outside** yourself.
- ▶ Satisfaction comes from the reward you receive.
- ▶ Rewards are (usually) unrelated to the task itself.
- ▶ “Means to an end” (the focus is on what will happen **after** the task is complete)

Video for Middle or
High School students

Video for Elementary
Students

Extrinsic Motivation



Are you intrinsically or extrinsically motivated?

This quiz is just for fun. It is meant to help you better understand what motivates YOU!!!

1. When it comes to doing your school work, you find reward in:
 - a. A feeling of satisfaction for doing your best
 - b. Getting a good grade
 - c. Both of the above
2. Do you lose interest in tasks that have no **outside** reward (teacher's praise, a good grade, an award, etc.)
 - a. Always
 - b. Sometimes
 - c. Never
3. Your teacher asks you to be in charge of an important task. You are worried that you may not enjoy doing this task, but you know you can earn something you really like for doing it. What will your answer be?
 - a. Yes! The reward is enough for me!
 - b. Maybe. I want the reward, but I don't think I'll like doing the task, so I'm not sure.
 - c. No. If I don't enjoy doing the task, no reward can get me to do it.
4. Do you think you are more intrinsically motivated or more extrinsically motivated?
 - a. Intrinsic! I value the journey, and the way it makes me *feel*.
 - b. Extrinsic! I value rewards!
 - c. Both! I enjoy the journey, and I also look forward to the reward!.

Is one type of motivation more helpful than the other?



- ▶ While both types of motivation help you complete the task at hand, ***intrinsic*** motivation tends to:
 - ▶ Bring about more effort (you try harder)
 - ▶ Enhance performance (you do better)
 - ▶ Cause more engagement (you participate more)
 - ▶ Create more excitement for learning

The “Over-justification Effect”

“Conditions that enhance extrinsic motivation can sometimes undermine intrinsic motivation” (Ormrod, 2015, p. 194).

- ▶ If an extrinsic reward is introduced for a behavior that is already intrinsically motivating, the intrinsic motivation to perform that behavior *decreases*.

- ▶ For example:

- ▶ You enjoy playing a sport – you are intrinsically motivated to play this sport just because you enjoy it.
- ▶ After playing the sport for a while, you start getting paid for it.
- ▶ This may not impact your motivation for playing, but it could if:
 - ▶ You begin to feel pressured to perform better.
 - ▶ You feel manipulated or controlled by the person(s) paying you.

This is a JH/HS level slide, skip for K-5

The “Over-justification Effect” (continued)

There is more to the story (of course)...

- ▶ If, in the previous example, you saw the money as recognition for playing the sport well, rather than outside control or pressure, you may actually begin to enjoy playing it **even more!!!**
 - ▶ If you perceive the extrinsic reward as “feedback that you’re performing....skillfully”, it could fulfill your “need for competence”, thus increasing your enjoyment and intrinsic motivation (Ormrod, 2015, p. 194).
 - ▶ This means:

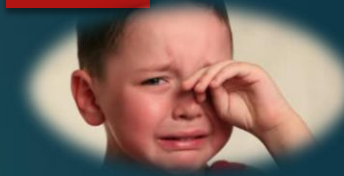
1. if you believe you’re getting paid because you play well
2. you will feel even more skilled at the sport
3. which will make playing the sport even more fun
4. and increase your internal desire (**motivation**) to play



*This is a
JH/HS level
slide, skip for
K-5*

What is Affect???

The word “affect” is used to describe observable (I can see you) behavior that represents a person’s emotions/feelings.



Affect and Motivation



- Our instinctual responses (the way we act without thinking) keep us safe by motivating us to run away from danger.
- People like to be happy! So, we (are motivated to) act in ways (we have learned) will make us feel happy.
- When learners (like you!!!) try to do something they enjoy or find interesting, they experience considerable positive affect (pleasure, excitement, contentment, etc.).
 - Positive affect can increase **intrinsic motivation**.





Affect and Learning

- While learning how to do something, we also learn if we enjoy doing it or not.
- People learn better when they enjoy what they are learning about.
- People usually feel positive emotions/feelings when they do well in the subject they are learning.
 - Similarly, people usually feel negative emotions/feelings when they are not successful or do not achieve their goals.
- Positive affect (happiness, excitement, joy, etc.) can:
 - Help learners pay closer attention
 - Make learners want to try harder
 - Help learners “think creatively and open-mindedly” about what they are learning (Ormrod, 2015, p. 215).
 - Help learners stay on task

Motivation, Affect, and Culture



Mindfulness

