

## Motivation

### Reflection Journal

Before reading the chapter, think about each question and reflect on your experiences. Respond to the questions based on knowledge, feelings, and experiences you've had.

1. What is motivation?
2. When have you been most motivated to accomplish any task in your life? When were you least motivated to do something? What was different about these situations?
3. Why do you think many teachers say that students are not motivated? Is this possible? Explain your response.
4. How do you plan to motivate your students?
5. How can your thoughts affect your motivation? Have they ever prevented you from engaging in or completing a task? Have they ever helped you to get started or complete a task? Explain your response and provide an example.
6. How can your feelings affect your motivation? Have they ever prevented you from engaging in or completing a task? Have they ever helped you to get started or complete a task? Explain your response and provide an example.

After reading the chapter, revisit the questions and respond based on the knowledge you have gained. Do not look at your original responses.

1. What is motivation?
2. When have you been most motivated to accomplish any task in your life? When were you least motivated to do something? What was different about these situations? Now rethink about your responses to these questions and respond using different theories of motivation to explain your motivation levels.
3. Why do you think many teachers say that students are not motivated? Is this possible? Explain your response.
4. How do you plan to motivate your students?
5. How can your thoughts affect your motivation? Have they ever prevented you from engaging in or completing a task? Have they ever helped you to get started or complete a task? Explain your response and provide an example. Using the theories and concepts discussed, explain why you behaved as you did.
6. How can your feelings affect your motivation? Have they ever prevented you from engaging in or completing a task? Have they ever helped you to get started or complete a task? Explain your response and provide an example. Using the theories and concepts discussed, explain why you behaved as you did.

Now that you have answered the questions again, compare your initial and concluding responses and reflect on the knowledge gained and changes in your responses. For example, consider:

- 1) How have your responses changed?
- 2) What knowledge have you gained?
- 3) How has your new knowledge affected your interpretation of events?