



PowerPoint created by sixth form students – Adam Hayward and Chloe Pearson

MOTIVATION

What is motivation?

- Motivation is the reason for people's actions, willingness and goals. Motivation is derived from the word motive which is defined as a need that requires satisfaction. These needs could also be wants or desires that are acquired through influence of culture, society, lifestyle, etc. or generally innate. Motivation is one's direction to behaviour, or what causes a person to want to repeat a behaviour, a set of force that acts behind the motives. An individual's motivation may be inspired by others or events or it may come from within the individual.

Dictionary definition:

- 1.a reason or reasons for acting or behaving in a particular way
- 2.desire or willingness to do something; enthusiasm

What is motivation to you?



Everyone needs some sort of motivation.

Without motivation in our lives we would lack ambition and determination to succeed and to things in life.

Everyone needs to be motivated in one way or another.

Albert Einstein and Leonardo Di Vinci wouldn't have succeeded as well as they did without motivation.

Rosa Parks and Nelson Mandela wouldn't have stood up for what they believed without the motivation to do so.

Why do you think motivation is important?



How do we motivate our self?



Surround yourself with people who want to see you grow.
THINKBROADPERSPECTIVE

YOUR FRIENDS ARE AMAZING!

- Friends are the perfect way to support you and help you through a tough task!

YOUR FRIENDS MOTIVATE YOU WITH EXAMS!





FRIENDS THAT
MOTIVATE YOU
ARE A
BLESSING .
— SHUBAM SHAW

YourQuote.in





A story of motivation

- As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not. He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. “Well,” trainer said, “when they are very young and much smaller we use the same size rope to tie them and, at that age, it’s enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.” The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn’t, they were stuck right where they were.
- Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?
- Failure is part of learning; we should never give up the struggle in life

There are three major components to motivation: activation, persistence, and intensity.

1. Activation involves the decision to initiate a behaviour, such as enrolling in a psychology class.
2. Persistence is the continued effort toward a goal even though obstacles may exist. An example of persistence would be taking more psychology courses in order to earn a degree although it requires a significant investment of time, energy, and resources.
3. Intensity can be seen in the concentration and vigour that goes into pursuing a goal. For example, one student might coast by without much effort, while another student will study regularly, participate in discussions, and take advantage of research opportunities outside of class. The first student lacks intensity, while the second pursues his educational goals with greater intensity





What about you?

What are times in your lives when you have felt motivated?

Perhaps it was something small such as cleaning your room.

Or maybe it was something larger such as studying for an exam.

Discuss times when you were motivated towards something.

How did you feel?

Maybe your motivation pushed you to do something such as complete an essay, how did you feel afterwards?



Thank You



MIRROR MIRROR
ON THE WALL,
I'LL ALWAYS GET UP
AFTER I FALL.
AND WHETHER I RUN,
WALK OR HAVE TO
CRAWL,
I'LL SET MY GOALS AND
ACHIEVE THEM ALL.

If **people** are trying to bring
you **down**, it only means
you're **above** them.

- Unknown

