

Reflecting on your motivation

Studying something requires focus, commitment, organisation and motivation. Studying online requires all of that with a slightly stronger emphasis on all that from the student. In an On Campus situation the “school bell, class start, teacher taking attendance” is a motivator that is not present in the Online Campus. So the trick is to make something like this present in your life.

According to theory motivation is divided into Internal (intrinsic) and External (extrinsic).

Internal motivation	External motivation
The drive that makes you do something is because you want to do it.	Doing something because someone wants or tells you to do it, or there is a reward/punishment for you if you do/don't do it.
<ul style="list-style-type: none"> ○ Knowing that the task is fun and you are good at it; you take pleasure in doing the task. ○ Learning a new skill for the enjoyment of learning or you enjoy the challenge. ○ The feeling of clean sheets makes you change them. 	<ul style="list-style-type: none"> ○ Cleaning your room got you ice cream when you were a kid. ○ Completing the task your manager set. ○ Doing the dishes stops someone complaining.
Running because you find it relaxing	Doing something to get your name into the company newsletter

Understanding these two types of motivation will help you understand your motivations and support you in setting goals. One thing to remember is, external motivation will only work for a while and it is important to work on your internal motivation.

Internal motivation is what drives **your accountability to your learning**.

(external motivation drives accountability to someone for your learning)

YOUR TASK

Consider these questions and answer honestly

Intrinsic motivators	
Why are you doing the programme? What are your goals?	
What do you enjoy about learning on this programme?	
What is stopping you learning from this programme?	
Extrinsic motivators	
Who motivates you, beyond yourself?	
What “punishments” work for you?	
What rewards work for you?	

Now look at your answers. How will you address the internal and external answers? Suggestions on the next page

SUGGESTIONS FOR IMPROVING YOUR INTERNAL MOTIVATION

Reframe your mindset: see study time as an opportunity rather than a requirement. Change your languaging to one of more positive statements.

Small steps lead to a goal: Celebrate the small steps. Each step carries momentum towards the finish line.

Remembering the Why: The what is easy – read the content, practise the skills, submit the assessment etc. It's the why that is the fuel for your engine. Feed your engine with the current small goal but also the overall big goal.

Classify things: Factors that help internal motivation are Curiosity, Challenge, Control, Cooperation, Competition, Recognition and Fantasy/Visualisation. Classify the tasks or actions under these and state how they motivate you.

“This task involves getting feedback on my output. It involves cooperation with others. Cooperation means that I can improve the output and submit a better assessment.”

“This subject area is challenging me to expand my understanding. This means that I need to not get frustrated, just take more short breaks to think things through.”

“Completing my study time makes me happy, no matter how difficult the content is, I feel proud when I have put in my time. So I have a sticky note to remind me of this fact.”

Balance: Studying is exhausting so balance study with everything else you need to do in life – friends/family/whānau, focusing on self-care etc. All the advice you had in high school still applies; take breaks, sleep enough, eat appropriately, exercise, fresh air. Recharging yourself will bring more enthusiasm and energy for the time you put into studying.

SUGGESTIONS FOR IMPROVING YOUR EXTERNAL MOTIVATION

A star chart, tick chart, reward chart or being committed to your study time. Great for habit formation.

Someone has morning tea with you and asks you what you have learnt so far. Great for a break, great for revision, great reward for putting in the time.

Schedule a Tutor 1:1 every month to clarify content learnt and questions you have. Their support, confirmation and answers will motivate you further.

YOUR TASK

Looking at your reflection above, what can you turn into drivers to motivate you? What can you change to stop you procrastinating and get you started?

RESOURCE CORNER

The below links all carry the similar message to above. The reason why the links are here is because sometimes someone saying the same idea but in a different way, resonates stronger than the first way it is said. Another is because the variations in the same idea might suit you better.

10 ways to motivate yourself to study – Simple but effective comments.	LINK
16 Study Motivation Tips, Tricks, and Hacks – easy page to read on hints/strategies to get you motivated	LINK
How to Get Motivated to Study: 23 Tips for Students Who Procrastinate – another easy page.	LINK
How to Motivate Yourself to Study (The 5-Step Process) – different hints	LINK