

Name \_\_\_\_\_

## The Psychology of Motivation: How to Stay Inspired in School

### Multiple Choice Questions

1. What is motivation?
  - a) Something you have to do
  - b) An inner drive to take action and achieve goals
  - c) An external reward
  - d) Avoiding punishment
  
2. What is intrinsic motivation?
  - a) Motivation from external rewards
  - b) Motivation from within, driven by personal enjoyment or interest
  - c) Motivation from pressure
  - d) Motivation from punishment
  
3. How can setting clear goals help with motivation?
  - a) It can make you lose interest
  - b) It can boost your motivation by providing direction
  - c) It adds unnecessary stress
  - d) It's not related to motivation
  
4. What is one way to stay organized and reduce stress in school?
  - a) Never use planners
  - b) Stay disorganized to keep things interesting
  - c) Use planners or digital tools to keep track of assignments and deadlines
  - d) Depend on others to organize for you
  
5. How can visualization help with motivation?
  - a) It can't help with motivation
  - b) It can boost motivation and confidence by imagining success
  - c) It can make you lose focus
  - d) It only works for adults

