

Name _____

The Psychology of Motivation: How to Stay Inspired in School

Short Answer

1. What is the difference between intrinsic and extrinsic motivation? Provide an example of each.
2. How can finding your passions help with motivation in school?
3. What is one strategy to overcome challenges that lower your motivation?
4. Why is it important to stay positive for motivation?
5. What can you do to reward yourself when you accomplish your goals in school?

