

Name _____

The Psychology of Motivation: How to Stay Inspired in School

Short Answer Key

1. Intrinsic motivation comes from within and is driven by personal enjoyment or interest. For example, you might love reading because you enjoy it. Extrinsic motivation comes from external rewards or pressures, like studying for a test to get a good grade.
2. Finding your passions can make learning more exciting because you can connect what you're learning with your interests and things you love.
3. One strategy to overcome challenges that lower motivation is to seek support from teachers, parents, or friends who can offer guidance and help.
4. Staying positive is important for motivation because a positive attitude can fuel your motivation, help you focus on your strengths, and celebrate your successes.
5. You can reward yourself when you accomplish your goals in school by treating yourself to something enjoyable, like your favorite snack or a short break to do something you love.

