

Learning Tip:

## Finding Good Motivation

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# Motivation

What is motivation?

- ▶ **Motivation** is the driving force behind our actions. It influences how much effort we put in and how persistent we are in overcoming challenges.
- ▶ Two main types of motivation:
  - ▶ **Intrinsic** (e.g., curiosity and personal enjoyment): Tends to lead to more explorative and in-depth learning and sustained focus.
  - ▶ **Extrinsic** (e.g., external praise, grades): Can lead to superficial learning and short-lived focus.

# Motivation

How to become intrinsically motivated:

- ▶ Follow your passion and interests!
- ▶ Better yet, broaden your passion: Be open to explore subjects you currently are not familiar with or even not very fond of.
- ▶ Be persistent! The more you practise, the better you get, and the more you enjoy it.
- ▶ Set achievable personal goals: Make it a mission and a challenge for yourself!
- ▶ Have realistic expectations: Learning takes effort and can't always be fun; it's normal to have days when you're not excited to work.