



Motivation

A Powerful Tool
University of Wisconsin -
Whitewater
Transition Program
Project ASSIST
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Intrinsic Motivation

- From within
- Based on needs, wants, attitudes, values, beliefs
- Powerful
- Internal influences stable over time
- Related to how we see our self

Extrinsic Motivation

- Things we get after we achieve
- Examples: better pay, lifestyle, more “stuff”
- Depends on view of world around us
- Fill gap between what we have and what we want
- Factors outside our control (Will change really give me what I wanted?)

Motivation Strategies

- Stress
- Spirituality
- Self-Talk
- Desire to Learn
- Support Systems
- Goal Setting
- Time Management

Want to Learn More?

Motivated to Learn More?

http://www.hhpublishing.com/_onlinecourses/study_strategies/BSL/motivation/B1.html

- LASSI has a series of online modules about *Becoming a Strategic Learner*
- Excellent section about motivation as it applies to college students