

Motivation

&

Behaviour

What is the
difference
between

intrinsic

&

extrinsic?

Examples of
intrinsic
motivation

David Attenborough, 1964



David Attenborough, Circa 1964, BBC Archive Footage

David Attenborough, 2015



Great Barrier Reef with David Attenborough 2016

<http://www.bbc.co.uk/iplayer/episode/b06whkdf/great-barrier-reef-with-david-attenborough-episode-3>
START 35:15

Exhibitions & events



Examples of
motivated
people

Examples of
extrinsic
motivation

Extrinsic Motivation



Extrinsic Motivation



Events & conferences

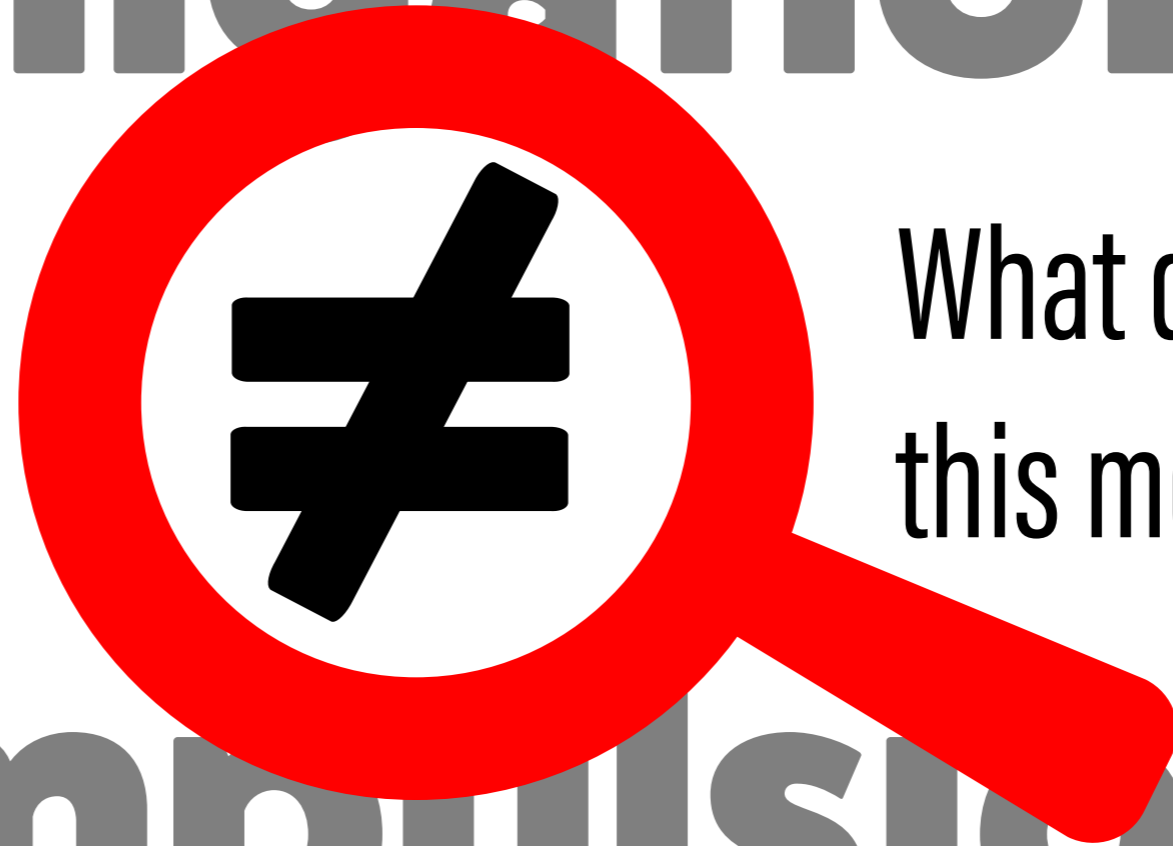


Obligation

≠

Compulsion

Obligation



What does
this mean?

Compulsion

Definitions

obligation

/ɒbli'geɪʃ(ə)n/

noun

an act or course of action to which a person is morally or legally bound; a duty or commitment.

"I have an obligation to look after her"

synonyms: duty, commitment, responsibility, moral imperative; [More](#)

- the condition of being morally or legally bound to do something.

"they are **under no obligation** to stick to the scheme"

- a debt of gratitude for a service or favour.

"she didn't want to be under an obligation to him"

synonyms: contract, agreement, deed, covenant, bond, treaty, deal, pact, compact, understanding, transaction [More](#)

Definitions

compulsion

/kəm'pʌlj(ə)n/ 

noun

1. the action or state of forcing or being forced to do something; constraint.

"the payment was made **under compulsion**"

synonyms: obligation, constraint, force, coercion, duress, pressure, pressurization, enforcement, oppression, intimidation; force majeure

"he had been under no compulsion to go"

2. an irresistible urge to behave in a certain way.

"he felt a compulsion to babble on about what had happened"

synonyms: urge, impulse, need, necessity, desire, longing, motivation, drive;

[More](#)

Definitions

impulse

/ˈɪmpʌls/ 

noun

1. a sudden strong and unreflective urge or desire to act.
"I had an almost irresistible impulse to giggle"
synonyms: [urge](#), [instinct](#), [drive](#), [compulsion](#), [need](#), [itch](#); [More](#)
2. something that causes something to happen or happen more quickly; an impetus.
"an added impulse to this process of renewal"
synonyms: [inspiration](#), [stimulation](#), [stimulus](#), [incitement](#), [motivation](#),
[encouragement](#), [fillip](#), [spur](#), [prod](#), [catalyst](#)
"passions provide the main impulse of poetry and music"

Motivation

comes

in many

forms

https://youtu.be/QX_oy9614HQ?t=4s

Motivation



Bad Behaviour



Time



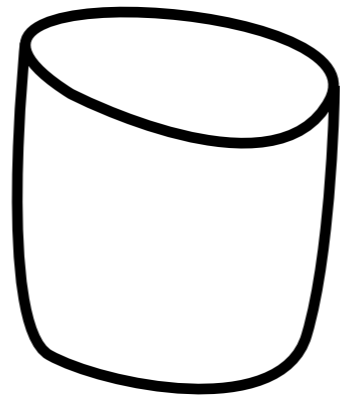
Motivation



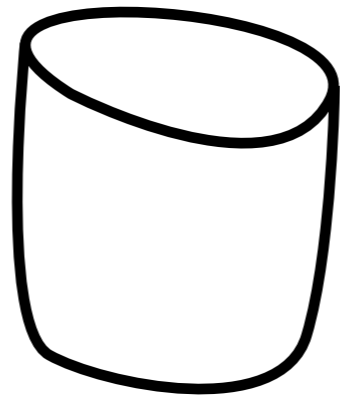
Bad Behaviour

Time

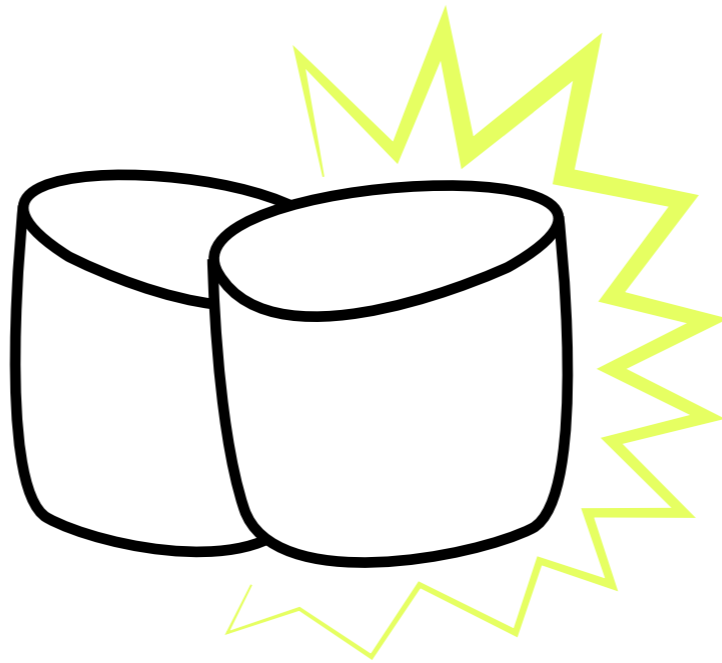




The **marshmallow** experiment

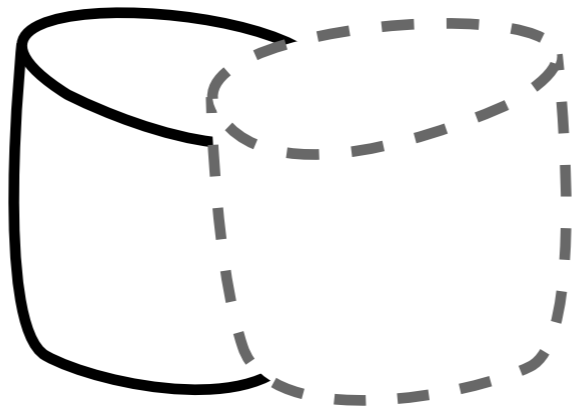


If you **don't eat it**
in 5 minutes...



...you get

another one!



Can you

stay motivated?

https://www.youtube.com/watch?v=a_tPQqAy0pM

Bad behaviour

Tardiness

Disengagement

Disruption & interruption

Low achievement

Bad language

Sources

Fleming, & Gottfried, 2001;

Reeve, 2006;

Schiefele, 1991;

Tobias, 1994;

Maehr & Meyer, 1984 & 1997;

Pintrich et al., 1993;

Csikszentmihalyi & Nakamura, 1989;

Maehr, 1984;

Pintrich et al., 1993;

Brophy, 1988;

Larson, 2000;

Wigfield, 1994;

Eccles & Wigfield, 1985;

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Pugh & Bergin, 2006

A. E. Gottfried, 1990;

Schiefele, Krapp, & Winteler, 1992;

Walberg & Uguroglu, 1980;

Hardré & Reeve, 2003;

Hymel et al., 1996;

Vallerand, Fortier, & Guay, 1997

Schweinle, Turner, & Meyer, 2006

Battistich, Solomon, Kim, Watson, & Schaps, 1995

Thanks!
Let's get
working!