

RESOURCE DOCUMENT : STUDENT MOTIVATION & SUPPORT

What is Motivation?

Motivation is an internal process that makes a person move toward a goal. Motivation results from the interaction of both conscious and unconscious factors such as the intensity of desire or need, incentive or reward value of the goal, and expectations of the individual and of his or her peers. These factors are the reasons one has for behaving a certain way.

Dwight D. Eisenhower says "Motivation is the art of getting people to do what you want them to do because they want to do it."

Student motivation can be described as a student's willingness, need, desire and compulsion to participate and be successful in the learning process.[5]

What is the need of Motivation?

- The objective of any educational programme is actually a real time learning but students lack this objectivity of learning the module/course/programme because of the other attraction available within the program.
- Students restrict themselves for only getting good grades and are not keen to learn professionally and practically ,so they need to be motivated for learning. So there is a need to change the attitude and behaviour of students.[1]

What are the barriers in motivation?

Students are not able to self-assess their learning because they restrict themselves sometimes because of their own disabilities, constraints, misconceptions or non commitment towards learning. The diversity of students e.g language, different educational background, gender , culture and their financial background becomes a constraint/barrier in their motivation for learning.

What are the types of Motivation?

Students are equally motivated to perform, for achieving the common goal set for a particular module/ course/ programme, but the sources of their motivation may differ. So motivation can be categorised as **Intrinsic Motivation and Extrinsic Motivation**.[6]

A student who is intrinsically motivated undertakes an activity for its own sake, for the enjoyment it provides, the learning it permits, or the feelings of accomplishment it evokes.

An extrinsically motivated student is motivated by some reward or to avoid some punishment external to the activity itself, such as grades. [3,6].

A number of studies e.g. [4], have found that students who are more intrinsically motivated than extrinsically motivated perform better, and that using extrinsic motivators to engage students in learning can both lower achievement and negatively affect student motivation.[4].

What Motivation and Support can do?

- The students are placed in comfort zone, dead zone, panic zone and stretch zone as per their learning habits. **Motivation** is one activity that can assist in moving a student out of a less productive zone into the zone where he/she feels in control of their work and is operating at a high level and with high levels of satisfaction. Through **supporting** self-reflection and offering a sounding board, a teacher can assist the student to uncover behaviours that are not useful and open doors to more constructive patterns and move them into the 'Stretch Zone'.

How to Motivate and Support students?

- Let them the students understand the level of ownership for the effective outcomes about learning the specific module/ course / programme.
- Teacher needs to identify specific areas of difficulty or strength for a given student for the particular module/ course he or she is undertaking. Teachers should emphasize on learning rather than grades. Teacher should reward the students for doing well in the routine activities/ assignments which do not have direct consideration in terms of marks
- To support the students, adapt teaching to student needs. The innovative strategies for problem solving, discussion or debates on upcoming techniques and technologies should be encouraged.
- The teacher has to be sage on stage, guide on side & co-traveller during the journey of students in their learning process.[2]

References:

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