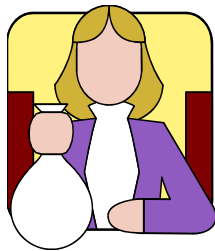


Motivation

I Think I Can, I Think I Can...I Know I Can!



I have a question. What motivates you? What makes you do what you do? Let me guess...money? Popularity? Well, according to research found in Seventh Edition Psychology by David G. Meyers, that's the wrong kind of motivation.



Let me explain. I'll start with the two major kinds of motivation:
Intrinsic and Extrinsic.

Extrinsic motivation is the kind of motivation that offers a reward. For example, receiving money for good grades.

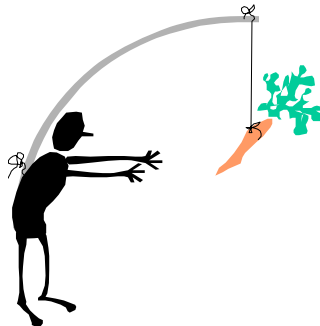
Intrinsic motivation is the kind of motivation that makes you feel good about yourself, but offers no material reward. For example, competing in a sport just because you enjoy it.

Studies have shown that **extrinsic motivation** could lead to disaster in a few different ways.

For one, **extrinsic motivation** can lead to the overjustification effect. If you receive a reward for something you already enjoy, then you will become less motivated to perform the same task later when no reward is offered.

Say you already enjoy scoring points in a particular sport. If your parents offer you money for scoring goals, it will become less meaningful to you. Your motivation will turn from **intrinsic** (your enjoyment of the sport because it is fun) to **extrinsic** (you play the sport because a reward is offered) **motivation**.

So, to sum it all up, if you enjoy doing something for the fun of it, keep it that way. If you have to have a reward to do something, then you are motivating yourself in the wrong way.



In this section we would like to emphasize the importance and difficulty of choosing a life plan. It's hard to tell what the next fifteen years holds in store. It would be a crime to ask you to decide your entire life starting your freshman year in high school. Even if you set a plan for the future, who says it will hold true? Take your time and pick out a goal that interests you and is related to your age and grade. If you overwhelm yourself with something you can't handle, then you might become stressed and less motivated than before.



Possibly start a savings account. Use the money toward something that will help improve your life, such as a higher education. You could also donate it to a charity if you so choose. This would be very **intrinsic**. Your reward is a feeling of doing something good for someone else. Both of these things require motivation.

How about your achievement motivation? How well do you want to do in life? Achievement motivation is the desire to do your best in everything. This includes doing your best in schoolwork, sports, or in trying to understand the people around you. This is the kind of motivation that can drive you to become the person you always wanted to be like an astronaut, scientist, teacher, soldier, mayor, or anything else. When you want to achieve something important to you, you will find an unmatched inner strength. You can do anything you set your mind to.



Find out what interests you, and set dreams and goals like the ones mentioned above. After you set them, then work towards them.

Have a good reason to work towards them. When problems come up while working towards your goal or dream, don't give up. Some of the most popular figures in history, when faced with a problem, have done what is right, not what is easy. So as you sit in the class you hate the most, with the people who annoy you more than your siblings, remember that you are there to graduate, not to slide by doing as little work as possible. **WE ALL HAVE TO DO THINGS WE DON'T LIKE!** Just because it's hard or doesn't interest you, it doesn't mean you have the right to quit. Yes, you can try to choose things that you like all the time, but it won't always work that way. This is something that you will have to get used to the rest of your life, so start now. We're talking about your whole future here! So, no matter if it's hard, or if it's easy, or if you love it, or hate it; you have to try your best.



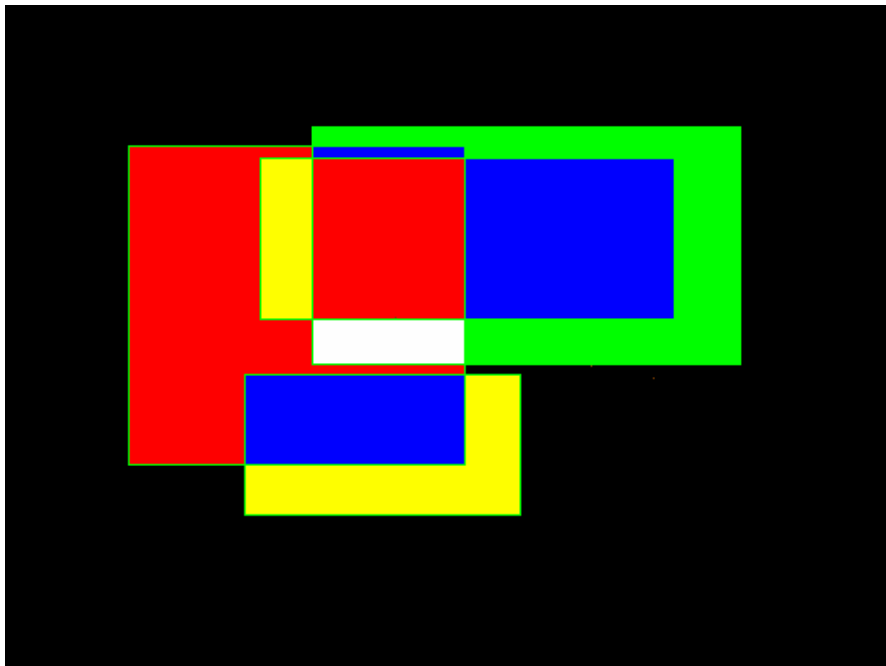
In order to get into college, you must pass basic classes. Even if you aren't college-bound, most good jobs require a high-school diploma. If you don't pass your classes, your dreams and goals could die right before your eyes.

Help yourself out. Start out good, and finish strong. Come to freshman year with the need to succeed. Make your motivation something you can use, and something you will use the rest of your life. Maybe it's setting a goal and working towards it. Maybe it's finding the thing that really interests you. Hopefully it's both. Don't think you can...know you can!

Happiness can be defined, in part at least, as the fruit of the desire and ability to sacrifice what we want *now* for what we want *eventually*. – Steven Covey

"When inspiration does not come to me, I go halfway to meet it." –
Sigmund Freud

There are no perfect human beings! My personal judgments are that no perfect human being is possible or even conceivable, but that human beings are far more improvable than most people believe. –
Abraham Maslow



(P.S. – Don't forget to have fun along the way! High School only happens once. Make it great!)