

Davidson Discussion Episode 8:

Motivation: Learn it, Live it, Love it!

March 30, 2012



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Motivation

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Intrinsic vs. Extrinsic motivation

Intrinsic motivation comes from within

(driven by an interest or enjoyment of the task itself)

Extrinsic motivation comes from elsewhere

(think: carrot on a stick and other rewards systems)

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Motivation level varies naturally

Help your children develop a sense of what motivates *them.*

Model good habits and behaviors, share what motivates *you.*

Where motivation is low, help them see relevance by pointing out connections to their everyday lives.

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Internal and external forces are both valid motivators.

However, intrinsic motivation can lead to higher performance, deeper engagement, and greater satisfaction with task completion.

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Tips for building intrinsic motivation

1. Set realistic goals – and achieve them!
2. Focus on mastery & learning, rather than grades
3. Provide choice, control and responsibility
4. Try alternative learning techniques
5. Empower your child to succeed

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Suggested Readings

- ▶ *When Gifted Kids Don't Have All the Answers* by James Delisle and Judy Galbraith
- ▶ *A Love of Learning* by Carol Whitney
- ▶ *Guiding the Gifted Child* by James Webb