



Goal Setting and Motivation Workshop Part 2: Motivation

Directorate: Counselling and Career Development
KZN Counselling and Career Development

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October 2022

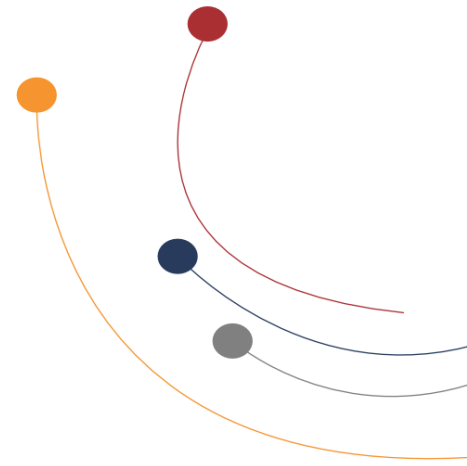
Define tomorrow.

UNISA



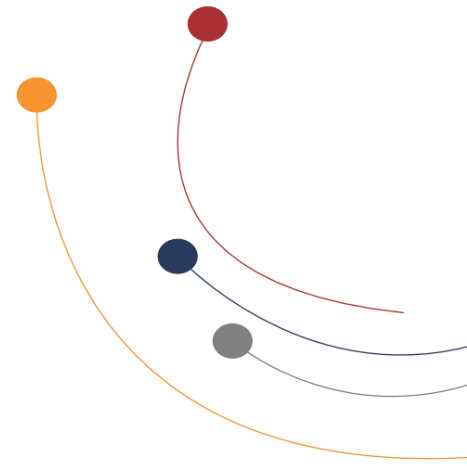
In this session...

1. Why is Motivation Important in Education?
2. Types of Motivation
3. Internal Locus of Control & External Locus of Control



What is motivation?

- Reason(s) for acting or behaving in a particular way.
- The essence of motivation is energized and persistent goal-directed behaviour. When we are motivated, we move and take action.
- Motivation is the desire to act in service of a goal. It's the crucial element in setting and attaining our goals/objectives.
- Motivation is the state that can maintain our attention and behaviour and provides more energy needed for completing a task.



Why is Motivation Important in Education?



Motivation can have a variety of effects on students' behavior, preferences, and results

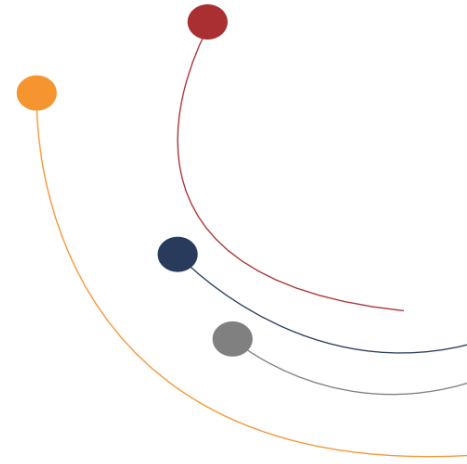
- Help direct our attention toward tasks that need to be done,
- Allow us to do tasks in shorter periods of time and maintain attention for a longer period
- Minimize distractions and helps to resist them better,
- Affect how much information we retain and store,
- Influence the perception of how easy or difficult tasks appears,
- Helps you solve problems
- Helps you cope with challenges and opportunities
- Most importantly, motivation urges us perform an action. Without it, completing the action can be hard or even seem impossible.

Goal-Setting Theory of Motivation



- Working toward a goal is a major source of motivation – which can improve performance.
- The more difficult and specific a goal is, the harder people tend to work to achieve it.
- Specific and challenging (but not too challenging) goals led to higher performance than easy, or "do your best," goals.
- For example, if I say to you "try hard" or "do your best" it may be less effective than saying "try to get more than 60 percent correct," or "concentrate on improving on your last mark." Likewise, having a goal that's too easy is not motivating. Hard goals are more motivating than easy ones, because it feels more of an accomplishment to achieve something you've worked hard for.

Types of Motivation



Intrinsic Motivation

- **Intrinsic motivation** is the drive within you to accomplish a goal or task.
- You choose to complete a task because it has **personal meaning** for you and gives you pleasure or satisfaction.
- It will be much easier for you to accomplish your goals and be successful if the motivation comes from within you.

Extrinsic Motivation

- The drive that comes from someone else or an external stimulus.
- E.g., a parent or friend may do or say something that motivates you to make certain choices. However, if you are only motivated by someone else's desire for you to get an A in a module this semester, it may be more difficult for you to study and accomplish that goal.

Locus of Control

- Your locus of control is where you place the responsibility for events that happen in your life.
- If you have an **internal locus of control**, you place responsibility on yourself and feel that you have control over events in your life.
- If you have an **external locus of control**, you place responsibility on others and feel that events beyond your control influence your life.
- **Internal vs. External:** It is better to have an internal locus of control because you believe that you create and control events in your life and can change things for the better.



Internal Locus of Control & External Locus of Control



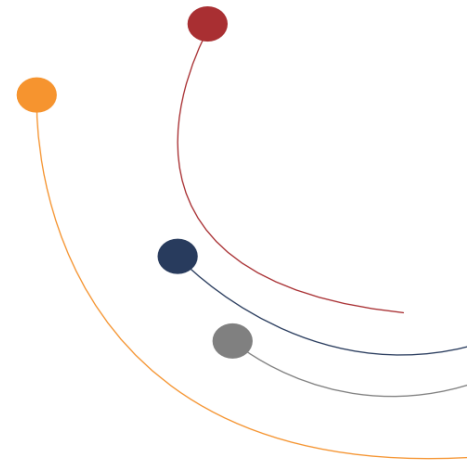
Internal Locus of Control

- Believe that academic success depends on how hard they work
- Try to make the best of a situation
- Believe they create their own destiny
- Think positively about life and studies
- Rely on internal motivation

External Locus of Control

- Believe that events are due to fate, chance or luck
- Look for someone to blame when things go wrong
- Believe lecturers give grades, instead of students earning them
- Think negatively about life and studies
- Rely on external motivation

Creator vs Victim Language



- **Creators** are people who take responsibility for their behaviors and beliefs and have an internal locus of control.
- **Victims** do not take full responsibility for their behaviors and beliefs and see themselves as victims in life. They have an external locus of control

Creators

- Make excuses
- Blame others
- Complain
- Believe they “have to” do things
- Believe that their problems belong to others
- Give up

Victims

- Seek solutions
- Accept responsibility
- Take action
- “Choose” to do things
- “Own” their problems
- Take control of their choices

Creator vs Victim Language



Creators

- The lecturer expects me to know too much in this module
- This is boring and so unnecessary why should I bother
- I can't do this
- I want to run away this is too hard
- I can't study because I don't have time

Victims

- This module is demanding so I will dedicate more time to it and improve my study habits
- This is not my favourite module, but I will find a way to make it useful for me
- I can't do this yet, but I will put in greater effort, apply good study strategies, seek help if I need to
- Challenging things is a chance to learn and grow. I will persevere
- My schedule is crazy so I will improve my time management and cut out less important activities

Tips to stay motivated



- Find a Social Support Network - Surround yourself with positive people. Create a group of people around you who want to help you succeed. You can also reach out to friends and peers who can motivate you by listening and sharing ideas.
- If you can only accomplish one or two tasks, that's fine. Congratulate yourself for every task or goal you complete, no matter how small. That will help improve your confidence and sense of motivation. Have a support network on standby for when your motivation runs out and you feel overwhelmed. Choose people you feel comfortable talking to and who can help provide encouragement.
- Your brain digests whatever thoughts you create, so feed it positive ones.

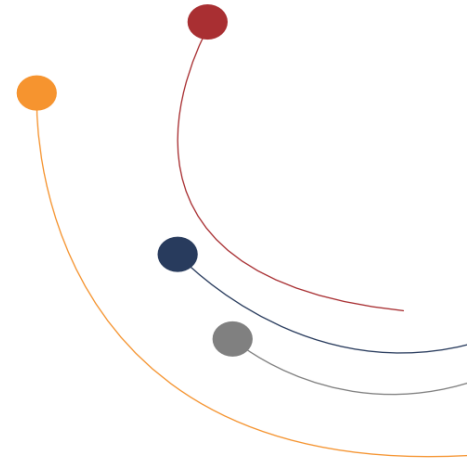
Tips to stay motivated



- Reading the news or surfing the internet, talking to people who leave you feeling drained and negative, or revisiting sad topics: these activities can all have an impact on your mood and motivation. Instead, focus on feelings of gratitude. Read uplifting content and surround yourself with positive people.
- Take a time limited approach in which you schedule your tasks.
- Ask yourself 'how much can I achieve in the next 2 hours?' instead of 'Can I complete all tasks?' In this way you do not get as easily overwhelmed by the volume of study you need to do.
- Stick to a routine - this can help you feel motivated. The sense of having accomplished daily tasks will promote a sense of well-being.

For the student who can't see
the end of the road

It
always
seems
impossible
until
it is
DONE.



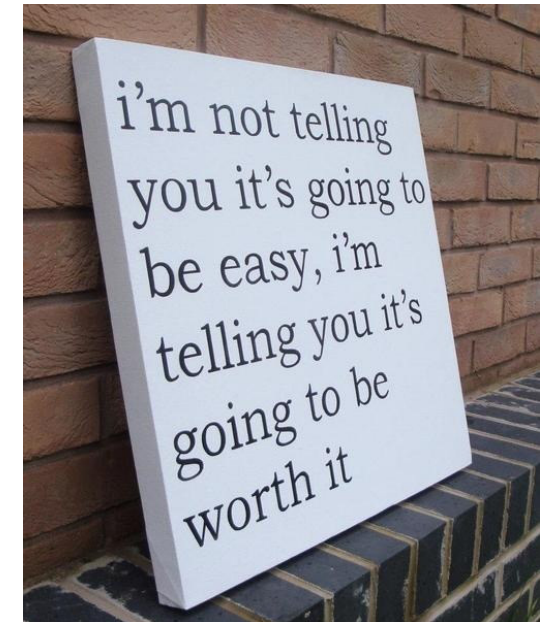
*The secret
to getting
ahead is
getting
started*

For the student who can't stop
procrastinating

For the student who can only see a
mountain

For the student who lost motivation

**Remember why you wanted to get motivated
or reach that goal in the first place.**



Contact us



We are available by e-mail:

Send an e-mail to counsellingkzn@unisa.ac.za or counselling@unisa.ac.za should you need to discuss any needs you may have in terms of further support

For more resources like these, visit our website:

<http://ww.unisa.ac.za/counselling>

DCCD YouTube Channel:

<http://www.youtube.com/unisacareers>

Book an online counselling session:

<https://tinyurl.com/mtr3xyks>



Thank you

Define tomorrow.

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