What's My Motivation

Motivation and emotion/Book/2013/Workplace motivation

motivation in the workplace. Question 1. Which phrase best describes you? A. I want to do my job B. I feel like I should do my job Question 2. What drives

Motivation and emotion/Book/2010/Dementia and motivation

Dementia and motivation Have you ever found it difficult to find the right word to explain what you are trying to say? You can feel it sitting on the tip

Motivation and emotion/Book/2016/Anorexia nervosa and extrinsic motivation

Anorexia nervosa and extrinsic motivation: What extrinsic motivational factors contribute to anorexia nervosa? Debra's experience highlights the burden

Motivation and emotion/Tutorials/Functionalist theory and self-tracking

motivation and emotion unit of study. This tutorial: explores practical applications of motivational theory using: functionalist theory of motivation

Tutorial 05: Functionalist theory and self-tracking

This is the fifth tutorial for the motivation and emotion unit of study.

Motivation and emotion/Book/2013/Intrinsic motivation

Intrinsic motivation: What is intrinsic motivation and how can it be fostered? What is intrinsic motivation? How can it be fostered? The aim of this book

Motivation and emotion/Book/2010/Student motivation theories

Student motivation theories Student motivation is essential in facilitating a desire to begin to engage in and pursue educational goals (Elliott, Hufton

Motivation and emotion/Book/2013/Power motivation

of my business success. When considering motivation, and furthermore my motivation behind writing this self-help chapter, I instinctively think of my own

Introduction to psychology/Psy102/Tutorials/Motivation

Motivation This is an introductory 2 hour psychology 102 tutorial about motivation. It invites students to explore their own motivational tendencies,

Motivation

This is an introductory 2 hour psychology 102 tutorial about motivation. It invites students to explore their own motivational tendencies, including their motivation to attend university, and to critique some well-known motivational theories/models.

Motivation and emotion/Nuggets of truth/Previous years

competence, relatedness) are crucial for optimal motivation. Intrinsic motivation vs. extrinsic motivation offers insight into personal interests Mastery

Motivation and emotion/Book/2013/Self-tracking and motivation

Self-tracking and motivation: How does self-tracking affect motivation? Wondering about apply self-quantification/tracking to your life but don't know

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