

Facts and Myths about Motivation

Fill in the gaps with the words from the box:

malleable innate ebb and flow incentives

1. Praising ability can decrease motivation. (FACT)

When a child solves a math problem, praising the child by saying "You're so smart!" actually makes them more likely to give up in the future when they encounter a problem that is very difficult. Why? Psychologists suggest that stressing 1)_____ ability (intelligence, appearance, etc.,) leads people to hold a fixed view or mindset of their traits and characteristics. Instead, experts suggest that praising the effort and process that went into solving the problem ("You worked really hard on that!" "I like how you worked through that and came up with a solution!") helps kids see their abilities as 2)_____. Instead of believing that they are either smart or dumb, they view themselves as able to improve through effort and hard work.

3. Intrinsic motivation is always better than extrinsic motivation. (MYTH)

There are two main types of motivation: intrinsic and extrinsic. They are highly personal, dynamic and can 3)_____ depending on the day or month. Intrinsic motivation comes from within — the joy, interest, or sense of purpose you find in the activity itself. Extrinsic motivation, on the other hand, comes from external rewards or consequences, like praise, recognition, or financial 4)_____. While intrinsic motivation is generally more sustainable in the long run, extrinsic motivation can be a helpful starting point or a way to reinforce desired behaviours. So, it's not that intrinsic motivation is better than extrinsic, or that extrinsic beats intrinsic. They are both valuable tools.