



THRIVE

Wellbeing and study success

Presented by:

Atticus D. Gray – School of Psychology

Session 3: Staying Motivated

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.



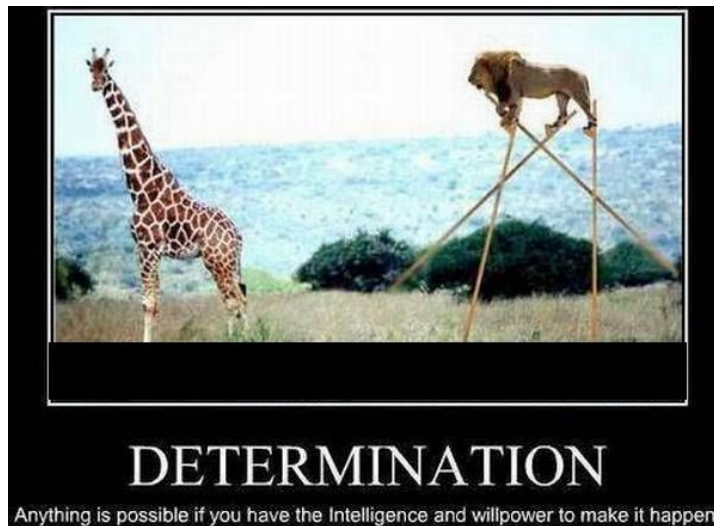
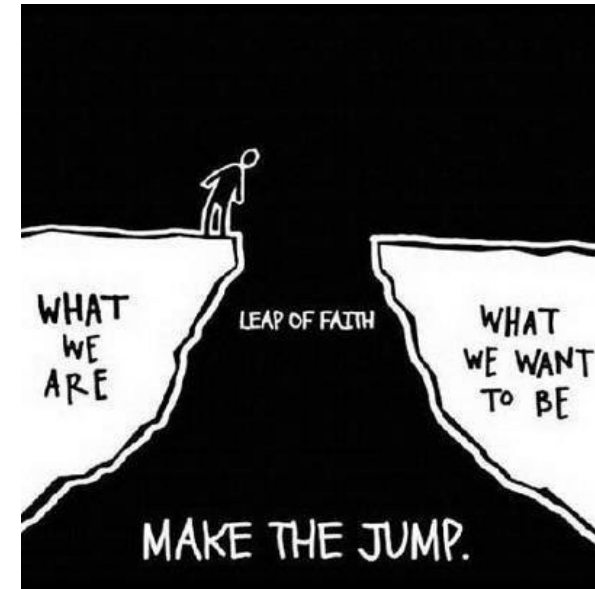
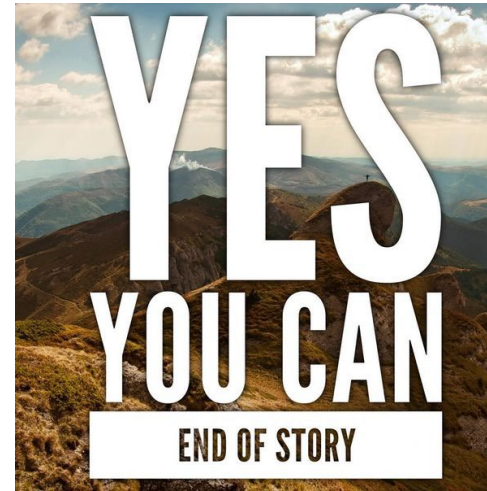
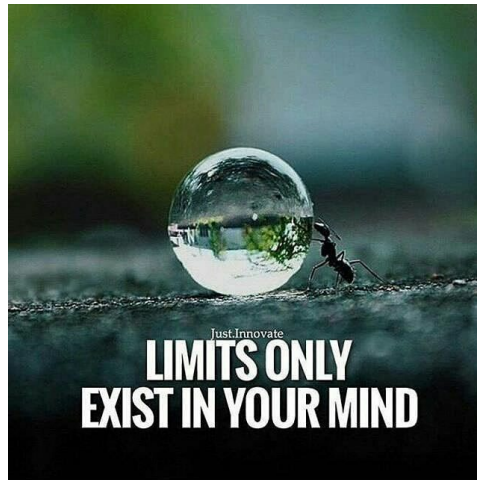
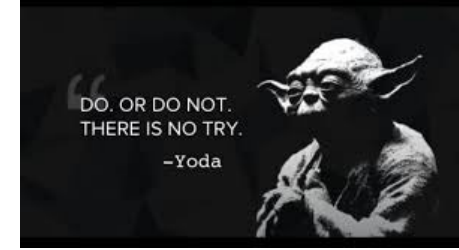
► Motivation

What does it mean?

► Motivation

The desire, willingness, and/or enthusiasm to do something

Super simple right???



► Motivation

- Motivation ≠ Willpower
- Motivation is non-binary
- Most approaches are simplistic and unhelpful
- Motivation cannot be forced, but it can be cultivated

Self-Determination Theory of Motivation



Assumptions:

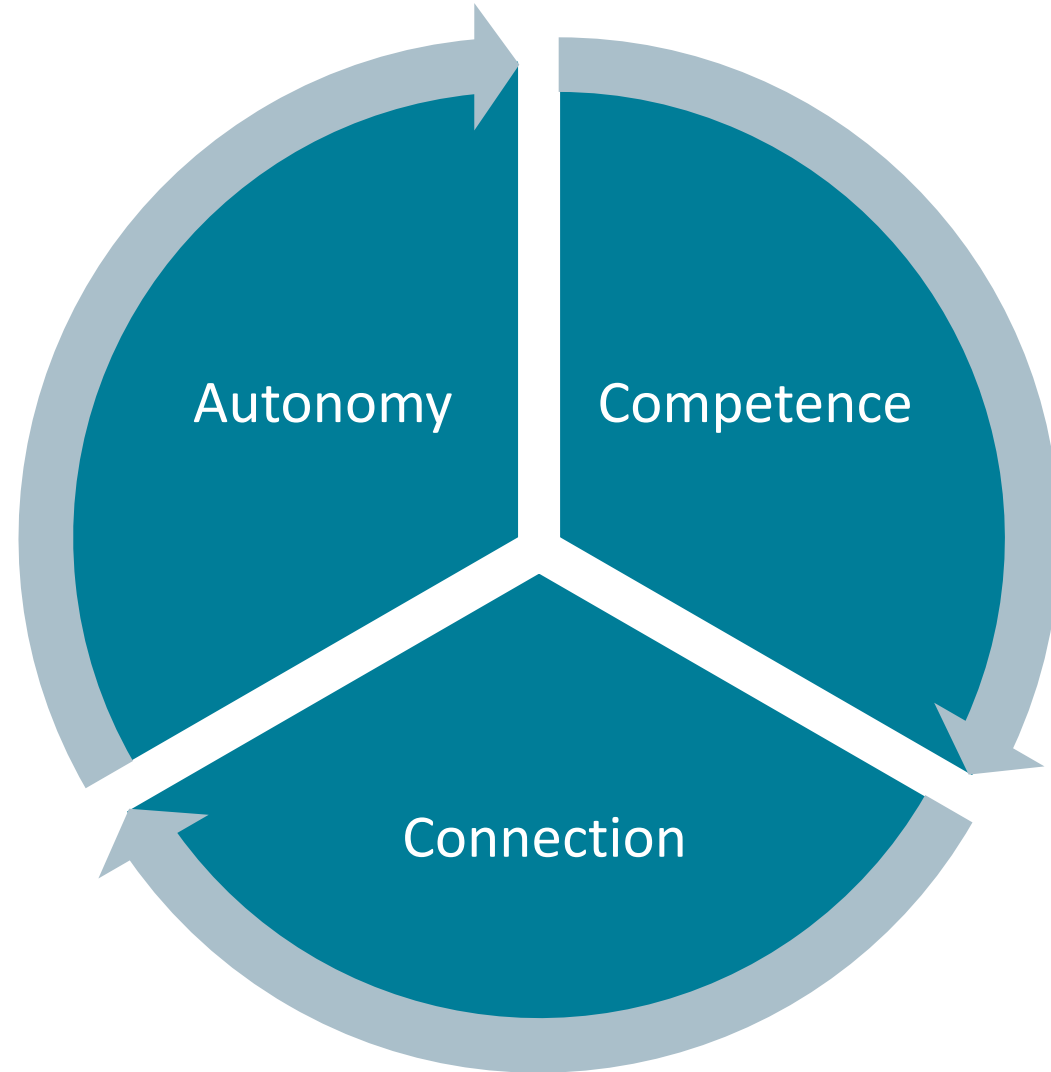
- People are active
- Interested in growth
- Want to master challenges
- Integrate new experiences



But what if I am just

~~ANY~~

Self-Determination Theory of Motivation



Self-Determination Theory of Motivation



Common Motivation Tools

- Reward
- Punishment
- Internal Pressure

Better Motivation Tools

- Aligning action to values
- Aligning action to interests

Self-Determination Theory of Motivation



Competence increases with

- Moderate challenge. Achievable and resourced.
- Encouraged to use initiative and being trusted.
- Clear and consistent rules and expectations.
- Relevant, timely, and personalised feedback.

Deakin's assessment structure is designed to foster competence



Connection

Connection increases when

- Others show interest in, and approve of, what we are doing
- Empathic responses to emotional expression
- Unconditional positive regard

*Connection is a two-way street.
When given it increases the likelihood
of receiving.*

Self-Determination Theory of Motivation



“How can I create an environment that grows motivation?”

What will you take
away from today?

The goal is *Progress*
not *Perfection*

