



The Science of Motivation



Peps Mccrea



Motivation is a system for allocating attention

It is a specific response to the situation, not a general trait

It is not a given, particularly in school

It is a heavily unconscious process

Intrinsic drivers are more sustainable than extrinsic drivers Motivation for learning

Run routines

Nudge norms

Breed belonging

Build buy-in Motivation for learning



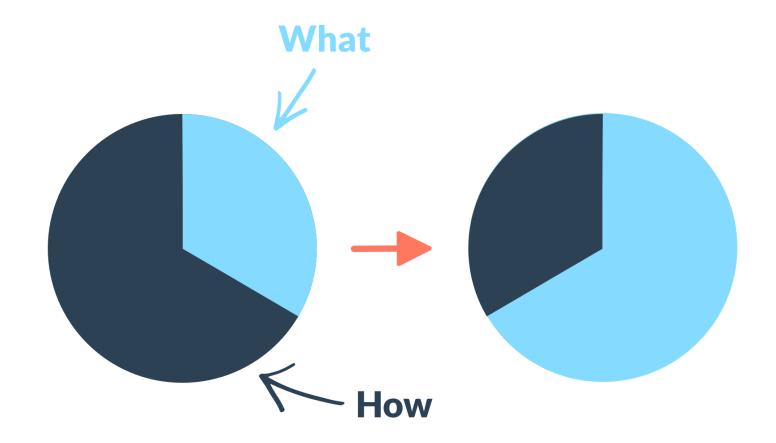


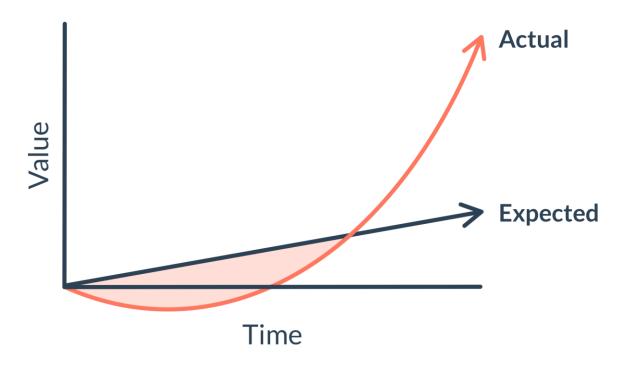
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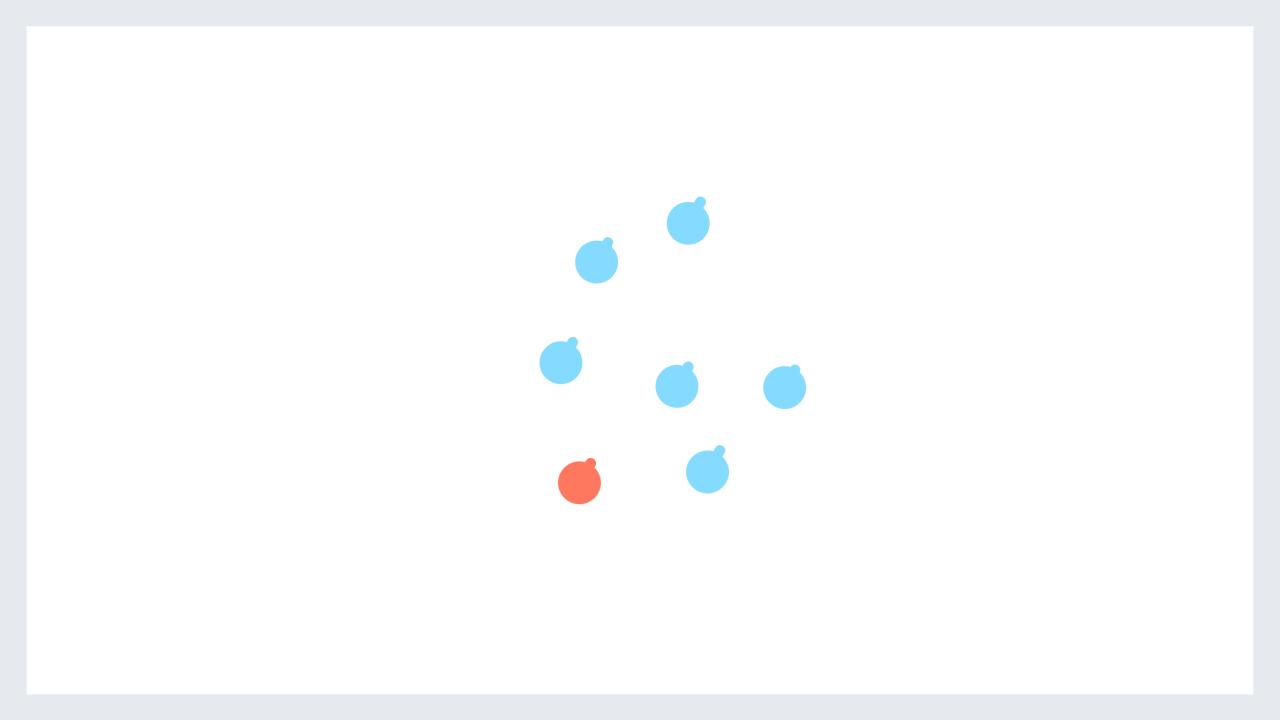
Adapted from: Clear (2018) Atomic Habits

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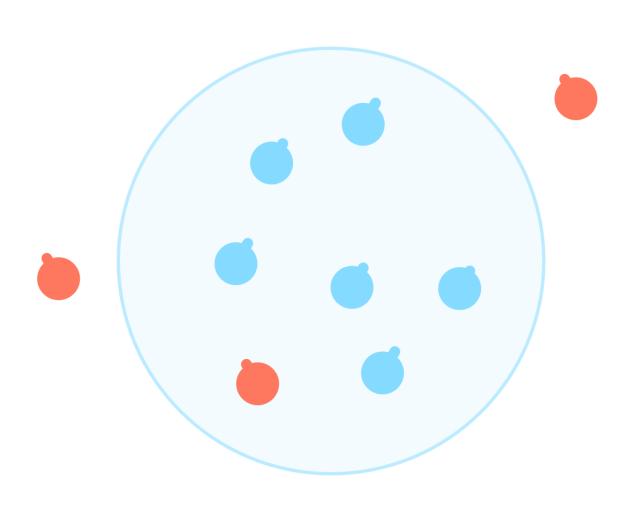


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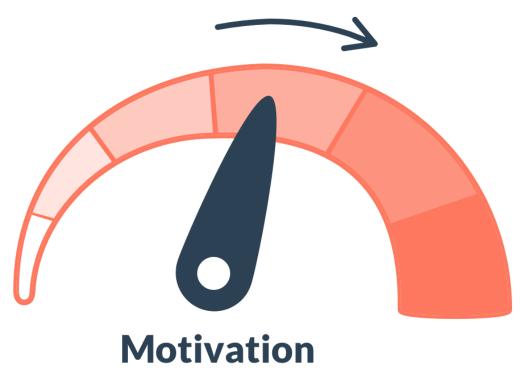
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Explaining the why



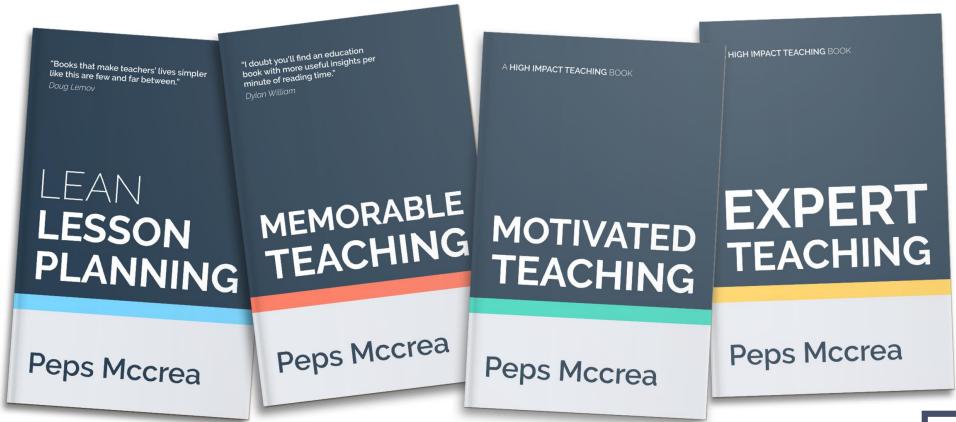
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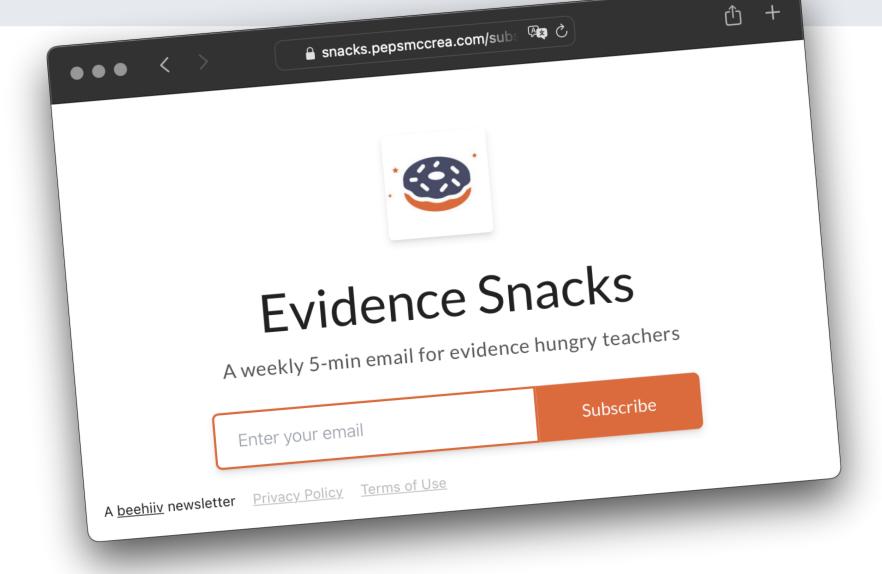
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