ELEARNINGNEWS ARTICLE

Year 2 - number 50 Wednesday 12 december 2018

3 types of motivation to learn - Infographic

What kind of motivation works best for your students?

Any of our action requires motivation to be carried forward. Sometimes it is difficult to understand what better motivates us. In any case, in general, there are three types of motivation that we can experiment, each connected to a series of advantages and disadvantages.

1. **Extrinsic motivation**: motivation comes from external rewards and reinforcements, such as awards or prizes.
2. **Intrinsic motivation**: the student is motivated by rewards and internal reinforcements, for example the experimentation of a sense of realization connected to the action.
3. **Dependency**: unhealthy and toxic motivation. In this case, actions are guided by feelings like guilt and anxiety.

While the last kind of motivation should not be encouraged, the first two are the way how most trainers and leaders can encourage people to participate. How can you incorporate the extrinsic and intrinsic motivations in your learning strategy?

Infographic taken from www.elearninginfographics.com