What is Motivation?

Below is a visual representation of what motivation looks like. Refer to the other handouts to access motivational strategies and how to set goals in order to improve your motivated behaviors.

**Motivational Strategies**

- **Value**
  - “Why do I want to do this task?”
  - Usefulness
  - Outside reasons
  - Personal interest
  - Situational interest
  - Finding value leads to

- **Expectations**
  - “Can I do this task?”
  - Believing in yourself
  - Attributions
  - Positive expectations lead to

If the components of motivation do not occur naturally use strategies to improve motivation.

**Motivated Behaviors**

- Making Choices
  - Effort
  - Persistence
  - Think deeply
  - Achievement

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