Motivation and Goals

A Simple, Effective, Low-Cost Activity to Use in Your Classroom

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The activity

This activity provides students with an opportunity to recognize and understand what motivates them. Throughout the activity, students set goals and consider how they can best achieve these goals. Through this activity, students will look into the future instead of just focusing on the present while developing understanding and navigating the difference between short-term and long-term goals. Ideally, students will learn and recognize that today’s actions have implications on their future successes and understand how to verbalize and commit through language and teamwork.

This activity is great for mental toughness, thinking routines, community building, and vocabulary development.

Students will learn

- The difference between intrinsic and extrinsic motivators
- How to reflect on their own motivation
- What it take to set and achieve goals
- Students will recognize that today’s actions have implications to their future success

Here’s what you do

Resources needed:

- Information on intrinsic and extrinsic motivation, which will help guide the conversation. Links to resources are below.

Visit https://youthbuild.org/my/education to access more classroom activity ideas
Motivations and Goals

- http://www2.fiu.edu/~cryan/motivation/intrinsic.htm
- http://p2pfoundation.net/Intrinsic_vs_Extrinsic_Motivation

- **Contract template** (or create one that works for your students and provide an example for them to see)
- Pens/pencils

**Instructions**

1) Define and discuss extrinsic and intrinsic motivations.

2) Have students identify some things that motivate them in each category.

3) Relate list and discussion to the reasons we set goals in life and ways people do that.

4) Give students time to create a list of goals they would like to accomplish in their lives.

5) Discuss short term vs. long term goals, and have students identify which things on the list they created fall under this month, 6 months, 5 years.

6) Have students write these goals into a contract template provided by the teacher. Students should identify the goal, what intrinsic/extrinsic motivators are needed, and the step they could take to achieve the goal.

7) Make a copy of the contract for your records. Provide the students with time in class at the prescribed intervals to review the contracts they created to see if they are staying true to themselves. In these classes, have a discussion.
about how the students feel they are doing at achieving the goals they listed. Also discuss why they may not be achieving the goals they have listed.

**Stress Tips**

- Ensure you discuss the difference between achievable and unattainable goals. Students need to know the difference or they will not see their successes.

- Have examples from your life of goals you have set and achieved/failed to achieve. Also, discuss the methods you use to set and monitor the goals you set.

- Realize that students have probably never considered doing this in a concrete way before, so take the time while they are creating goal lists to discuss things that are seemingly out of their control or too large/unattainable.