

MOTIVATION & ASPIRATION

Motivation is a desire or willingness to affect change. It is driven by the satisfaction of needs and the trick is figuring out the needs of the young people you are teaching.

There are two types of motivation:

- **Intrinsic** comes from within and is driven by passion, imagination, enjoyment and the desire to take on a challenge
- **Extrinsic** comes from the external environment, from the desire for reward or recognition, the feeling of compulsion or the fear of negative consequences.

Extrinsic motivation is a really useful starting point in helping to build the skills to develop intrinsic motivation. Finding our own internal intrinsic motivation leads to a more self-directed approach.

Aspiration: the hope or desire to achieve something. Many young people will only have a vague notion of what they aspire to in the long term but what is meaningful to them now?

Help them to get a sense of what matters to them in the now and this will make it easier for them to start to think about what will matter in the future. This helps open thought patterns about how what they are doing now can help them achieve what they want to be.

These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead.