

MOTIVATION & ASPIRATION

Motivation is basically a desire or willingness to affect change. It is driven by the satisfaction of needs.

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.

Aspiration: the hope or desire to achieve something. You may only have a vague notion of what you aspire to in the long term but what is meaningful to you now?

Knowing what matters now will make it easier for you to start thinking about what will matter in the future. This helps open thought patterns about how what you are doing now can help you achieve what you want to be.

Finding your own internal intrinsic motivation leads to a more self-directed approach and you will develop a greater sense of what motivates you.

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.



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