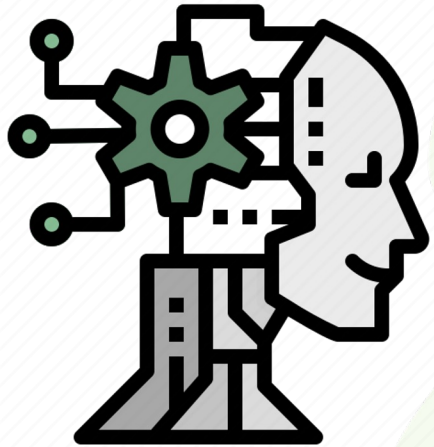
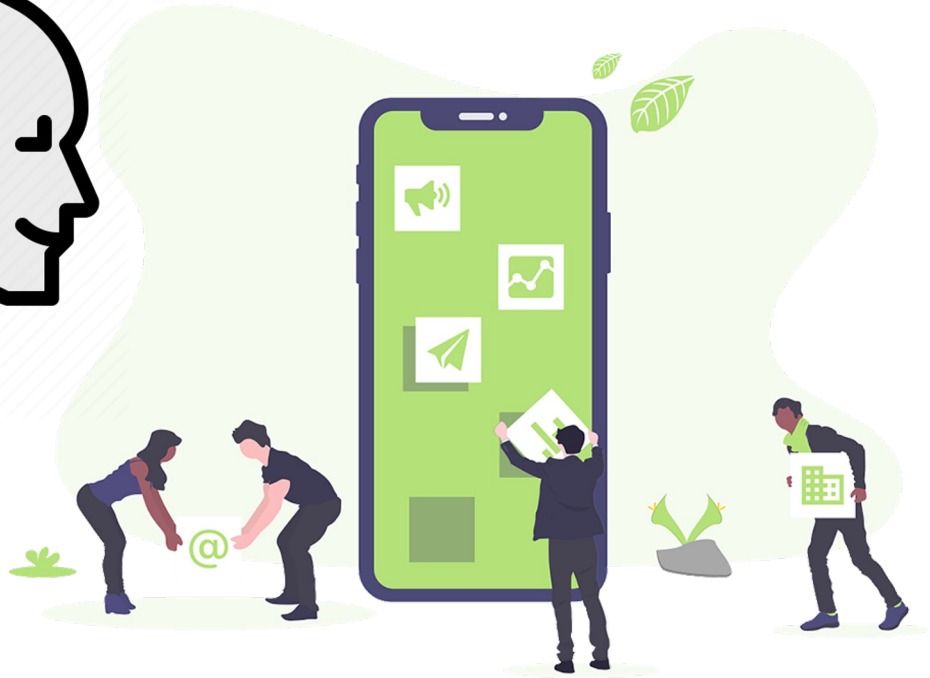
Motivation Test





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Project Inspiration

- Neuro and Psych majors
- Interested in impact of motivation on life
- Enjoy taking BuzzFeed quizzes

Purpose

- Asks user a series of questions to determine their motivation level
- After determining this, advice is presented on how to increase motivation

Key Elements

User Input

Used to ask users to rate their motivation level for daily tasks.

If-Else Statements

Used to provide users with specific messages based on their motivation level and total score.

```
Q1 = int(input("I look forward to waking up everyday: "))
Q2 = int(input("I have big aspirations and goals for my future: "))
Q3 = int(input("I am interested in the majority of my current classes: "))
Q4 = int(input("I have supportive people in my life: "))
Q5 = int(input("I would rather work hard than cheat to succeed: "))
```

```
def MotivationLevel():
    if TotalScore >= 141 and TotalScore <= 175:
        inFile = open('HighMotivation.txt','r')
        contents = inFile.read()
        print(contents)

    elif TotalScore >= 106:
        inFile = open('AverageMotivation.txt','r')
        contents = inFile.read()
        print(contents)

    elif TotalScore >= 71:
        inFile = open('MediumMotivation.txt','r')
        contents = inFile.read()
        print(contents)

    elif TotalScore >= 35:
        inFile = open('BelowAverageMotivation.txt','r')
        contents = inFile.read()
        print(contents)

    else:
```

Key Elements

MadLib

Used to give the user a personalized message with tips.

```
def getKeys(formatString):

    keyList = list()
    end = 0
    repetitions = formatString.count('{')
    for i in range(repetitions):
        start = formatString.find('{', end) + 1
        end = formatString.find('}', start)
        key = formatString[start : end]
        keyList.append(key)

    return set(keyList)

def addPick(cue, dictionary):

    promptFormat = "Enter your {answer}: "
    prompt = promptFormat.format(answer=cue)
    response = input(prompt)
    dictionary[cue] = response
```

Files

Used to print messages to the user based on motivation level and total score.

```
def MotivationLevel():
    if TotalScore >= 141 and TotalScore <= 175:
        inFile = open('HighMotivation.txt','r')
        contents = inFile.read()
        print(contents)
```

Graphics

Used to provide a closing statement to the user and present a visually aesthetic demonstration.

How can this be implemented?

Being aware of decreased motivation, we can actively work to improve it

- Loyola students can achieve lower levels of procrastination by following some of the tips we provide
- Individuals in quarantine can increase motivation by actively working towards better self care