

Learning Journal Unit 5

UNIV 1001-01 Online Education Strategies - AY2025-T2

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1. Describe an example of when you were extrinsically motivated by something. What was your goal and what motivated you?

External incentives can powerfully drive our actions, especially when the potential reward is compelling. “People behave to attain a desired consequence such as tangible rewards or to avoid a threatened punishment.” (Deci & Ryan, 2000, p. 236). As a student seeking to continue my education at the University of the People, I found myself motivated by the prospect of securing a scholarship. The external reward became my primary driving force, compelling me to work diligently. To increase my chances of receiving the scholarship, I committed to maintaining a high academic performance, actively participating in extracurricular activities, and meeting all scholarship requirements. The potential reward of financial support and educational opportunity served as a significant external motivator, pushing me to excel beyond my typical efforts.

2. Describe an example of when you were intrinsically motivated by something. What was your goal and what motivated you?

Intrinsic motivation “refers to doing an activity for the inherent satisfaction of the activity itself” (Ryan, 2000). As the world is moving towards conservation of planet and environmental sustainability, I discovered a deep personal passion for environmental conservation. My goal emerged from an inner desire to understand and contribute to ecological preservation. This intrinsic motivation originated from my personal values and genuine interest, not from external pressures or rewards. I enthusiastically engaged in learning about sustainability through various means - reading books and articles, watching documentaries, and attending related events. My actions became a natural extension of my internal drive, manifesting in practical steps like reducing personal waste, choosing eco-friendly products, and advocating for sustainable practices within my community.

3. Based on your examples, explain the difference between intrinsic motivation and extrinsic motivation. Was one more effective? Be sure to reflect on how each type of motivation made you feel.

Intrinsic motivation represents an internal drive to engage in an activity purely for personal satisfaction and alignment with one's interests and values. In contrast, extrinsic motivation stems from external factors like rewards or avoiding potential negative consequences. While both can effectively propel behavior, they significantly differ in emotional impact and long-term satisfaction.

Intrinsic motivation typically generates positive emotions, creating a sense of enjoyment and personal fulfillment. When actions align with personal values, the experience feels inherently rewarding. Extrinsic motivation, however, often introduces stress and anxiety, as the focus remains on achieving an external outcome rather than deriving inherent pleasure from the activity.

Although external rewards can provide momentary motivation, they may not sustain long-term engagement or satisfaction. Intrinsic motivation tends to create more profound, lasting commitment and personal growth.

4. Finally, based on what you have learned about motivation, describe what motivates you to learn. Are you an intrinsically motivated learner or an extrinsically motivated learner? Why?

Continuous learning and personal development are fundamentally driven by an innate human characteristic: curiosity. My approach to learning incorporates both intrinsic and extrinsic

motivational elements. The desire to explore new knowledge domains intrinsically propels me, while external opportunities and potential achievements provide additional motivation.

I recognize that these motivational types are not mutually exclusive but rather complementary. Intrinsic curiosity fuels my initial interest and enthusiasm, while extrinsic factors like academic recognition, potential career advancement, and skill development provide structured pathways and additional incentives. This balanced approach allows me to remain genuinely passionate about learning while also strategically pursuing educational and professional goals.

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References:

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