Workshop 4 Home assignments INT

Home Assignments

Question 1

In class you made a motivation test on

<https://www.mindtools.com/adosk97/how-self-motivated-are-you>

Reflect on this test and the question of what you are actively doing to stay motivated. How do you ensure that you keep a grip on your studies, see your progress and strengthen your self-confidence, all of which can contribute to your motivation for this study. What can you improve? How are you going to tackle this in concrete terms for the rest of this academic year? Think of the solutions described in the lesson.

Schedule a date at the end of block 8 to look back at your motivation and then draw a conclusion.

You can include the test and the reflection plus the later conclusion in your portfolio as evidence for Personal Leadership 2 Motivation.

Question 2

Watch the following video “Formula 1 Drivers Answer 7 Racing Questions (Daniel Ricciardo, Lando Norris, Pierre Gasly & More).

[Hatps://vv.youtube.com/watch?v=7zrlk1jeff](https://www.youtube.com/watch?v=7ZRLK1jfjac)

What motivates them? Why do they do it? What keeps them going? How do they prepare? What does it require of a person to perform like this? Take notes.

**Can you describe why you are doing the ICT program?**

You can use your description/reflection on this assignment as evidence for Personal Leadership 4 Study Choice.

Question 3

Do you want to know more about the growth mindset? Watch this (short) video:

Mindset of Successful Programmers

[Hatps://vv.youtube.com/watch?v=nogh434yakf0](https://www.youtube.com/watch?v=nogh434ykF0)