# **Learning Journal Unit 5**

Computer Science, University of the People

UNIV 1001 - Online Education Strategies - AY2024-T1

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## Reflection Topic: Intrinsic versus extrinsic motivation

## Over the years I've experienced both intrinsic and extrinsic motivations in multiple aspects of my life, from my role as CTO of a software company to being a father and husband at home.

## Example 1 – When I was extrinsically motivated

A while back, our company was in the race to close a deal with a major client. The deal was lucrative, and we were promised a hefty bonus to the team if we clinched it. My primary motivation to work those extra hours and push my team was the financial incentive. The goal was clear: secure the contract and get the bonus. The thought of that bonus and the things I could do for my family with it was a great extrinsic motivator.

## Example 2 – When I was Intrinsic motivated

I've always been passionate about coding and software development. A while back, I embarked on a personal project to develop a game for my daughters. There was no financial gain, no recognition, just the sheer joy of creating something that my children would enjoy. The goal was to make a fun game for them, and the motivation was purely the love for coding and the desire to make them happy.

## The difference between intrinsic and extrinsic motivation

The primary difference between intrinsic and extrinsic motivation is the source of the motivation. Extrinsic motivation is driven mostly by external rewards or consequences, like money or recognition, fame, and fortune. On the other hand, intrinsic motivation is driven by internal motivational aspects, such as personal passions or personal satisfaction. Reflecting on my feelings during those times, the extrinsic motivation made me feel more pressured and sometimes even stressed. In contrast, intrinsic motivation brings happiness, satisfaction, and a sense of purpose. Both motivations have their time and place. Extrinsic motivation can be a powerful short-term motivator, especially in a competitive business environment. However, intrinsic motivation has a more lasting impact, fostering creativity, innovation, and personal growth.

When it comes to learning, I try to maintain a healthy blend of both styles. At work, I need to stay updated with the latest in technology, which is extrinsic motivation. However, my intrinsic love for technology and the thrill of acquiring new knowledge also play a significant role. I'd say I lean more towards being an intrinsically motivated learner because the joy of learning something new, especially in my field, is unparalleled.

**References:**

1. 3 Rules to Spark Learning | Ramsey Musallam  
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