For me, this workshop was incredibly illuminating. Because it helped me to address some feelings about my workload. In this workshop, I learnt about intrinsic motivation and extrinsic motivation.When you are motivated inside and experience delight while working on a task, this is known as intrinsic motivation. While the desire to do a task to accomplish something is extrinsic motivation. In this case, the motivation is the result.

I realized that most of my school work has extrinsic motivation. Especially when I get enrolled on a new course I don’t find it very interesting at first so I just attend classes and quizzes for the grades. But after midterms I start to realize the greater meaning of what I am learning then I start enjoying the course and start putting effort into it to get better. I feel like that’s the reason I enjoy the courses which have a final project. By the time I start working on the final project, I have learnt the basic topics and had learnt to build on those topics and create something exceptional. I then stop caring about the project's overall grade. I spend more time learning how to improve the project's complexity and usability.

There was a course called Systems Programming where I got a D grade which was my lowest and the only D grade in my Bachelor's degree. After I got the grade I was blaming the Professor and TA that they weren’t helpful, they don’t answer questions properly, they don’t explain the problems properly in labs and class. I realized that was my external focus. I didn’t feel motivated to put the effort into that course because I didn’t find that course interesting. I was confused about so many topics from the beginning. I didn’t try to solve my problems from the very beginning. I was only concerned about learning just enough to pass the assignments. When I didn’t find TA and professor helpful I didn’t use other resources to learn the materials. If I believed in my internal locus of control at that time I would have tried to do better in that course.

When the growth mindset came as a topic I thought to myself if I always feel motivated when I face failure. The answer is no. Usually, I lose interest in that specific matter and give pause for time being. I try to engage my mind in other stuff that I enjoy and I am good at. Then I start to feel a bit less frustrated and more motivated. Then I start looking into that matter again and after pushing myself to get better at that I usually find improvement in that skill. Because I try to use the lesson I learnt from the failure to gain success.

I always enter a zone while working on web development projects, cutting myself off from the outside world. I have no desire to check my phone. I work hard to achieve the ideal result I desire. I waste a lot of time on little things, which made me realize that I have become into a perfectionist when working on web development projects. I constantly have fresh ideas that I can't help but put into practice.

I would thus say that this session has, generally, been a fantastic eye-opener for me. I've discovered that other people share some of my experiences. Talking with my friends about these subjects made me feel more a part of my circle of friends. I became aware of several shortcomings and potential growth areas that would help me produce more for my own advancement. I want to express my heartfelt gratitude for organizing this training.