I once had the opportunity to participate in a pole dancing competition. The prize for first place was a large sum of money. This financial reward was a very strong extrinsically motivation for me above and beyond the applause received when one is on stage during a performance, as it opens many doors for future growth and at that time my financial standing was quite dire.

My goal was to participate in the competition, to train my dancing routine every day and to do my best, and hopefully, with enough hard work, place first and win the financial prize. The thoughts of what a difference that financial reward would make to my day to day life are what motivated me.

On the other hand, in school I remember having a moment where I felt very demotivated about studying. I was taking biology and we had been introduced to a new topic I was struggling to get a handle on and I was honestly starting to feel stupid for not understanding it. A test on the new work was coming up in a week, so I resolved to self-study the work for one week, determined to prove to myself that I am not stupid, and with a bit of effort, I can understand the work well. I was intrinsically motivated to be better.

My goal was to study for the test and to achieve a passing grade. Proving my own capabilities is what motivated me.

Intrinsic motivation is motivation that comes from within, such as my example of proving my own abilities to myself. Extrinsic motivation is motivation that comes from outside the self, such as the financial reward in my first example.

Neither of the two motivators was more effective than another, each has its place in my opinion. However, when it comes to self-study environments, intrinsic motivators are best as you are usually left to your own devices.

The intrinsic motivator made me feel driven, but so did the extrinsic motivator. To me they are both the same, they just come from different sources and relate to different goals.

Achieving my goals is what motivates me to learn. My goals currently are getting a qualification that will enable me to build a career and a life for myself.

During self-study I tend to harness intrinsic motivation, but I am a dually motivated learner, as I mentioned before, it just depends on the goal at hand that determines where the motivation comes from.

Word Count (417)

APA Exercise:

What was the full reference for the website you found for the Week 2 APA exercise? (If your instructor gave you feedback on how to correct your reference, be sure to write the correct reference this week.)

Smith, A. (2020, November 23). *What effects does water pollution have on human health?* Medical News Today. https://www.medicalnewstoday.com/articles/water-pollution-and-human-health

What was the in-text citation for the website you found for the Week 2 APA exercise? (If your instructor gave you feedback on how to correct your citation, be sure to write the correct citation this week.)

(Smith, 2020)

Find a sentence about water pollution in your webpage, and copy and paste it here.

Water is an essential resource for all life on Earth.

Take the sentence from #3, and using the APA rule for short quotations, put the sentence in quotation marks while adding an APA in-text citation at the end.

“Water is an essential resource for all life on Earth.” (Smith, 2020)

Re-read the sentence from #3, and re-write the sentence in your own words while adding an APA in-text citation at the end. (This is called paraphrasing.)

Our most precious resource, water, is essential to all life on our planet (Smith, 2020).