

MOTIVATION 2: INTERNAL AND EXTERNAL MOTIVATION

This activity will help you think about what motivates you to study a language.

In this activity you will:

- Learn about different types of motivation
- Find out whether you are internally or externally motivated

Adapted from:

Oxford, R. (1990). Language Learning Strategies, What Every Teacher Should Know.



Self-Access Learning Centre, Kanda University of International Studies, Japan

Motivation for Learning

What is Motivation?

Your **motivation** to do something is the **reason** you do it, or want to do it. Two kinds of motivation are **internal** (from inside yourself) and **external** (from other people or influences).

Look at the table below and decide if the motivation (reason) for doing each action comes from inside you, or from other peoples' influences. Write '**E**' in the column to show external motivations and '**I**' to show internal motivations.



Internal?

or



External?

Actions	Motivation	External (E) or Internal (I)
1. Eating lunch	You feel hungry	
2. Listening to music	It's relaxing	
3. Reading a book	It's a great story	
4. Reading a newspaper	Your teacher set this as a homework assignment	
5. Going to a concert.	The band is cool and I really want to go	
6. Washing the dishes	Your parents asked you to	
7. Brushing your teeth	You want to have healthy teeth and gums	
8. Separating the garbage	The city council requires you to	

*You can check your answers with the answer key on **page 3**.

Now complete the following questionnaire to see if you are more strongly motivated internally or externally.

Circle the number that best describes how you feel about learning English (or another language). Circle only one number for each item. Use the following scale. Be honest!

- 4 I strongly agree.**
- 3 I somewhat agree.**
- 2 I somewhat disagree.**
- 1 I strongly disagree.**

<Example>

I want to learn English well so that I can live in English-speaking countries. (4) 3 2 1

Number 4 has been circled. This means that the learner strongly agrees with this statement.

Section 1

1. I want to learn English well so that I can communicate with people in English. 4 3 2 1
2. I have set my own goals for learning English and want to be successful in reaching those goals. 4 3 2 1
3. English will help me to get a good job someday. 4 3 2 1
4. I want to study English because I like it. 4 3 2 1
5. I want to study English because it is easy for me. 4 3 2 1

Section 2

6. I am studying English because it is a required course in my school or university. 4 3 2 1
7. I need to pass an English proficiency test (like the TOEFL or an entrance exam). 4 3 2 1
8. My parents want me to learn English, so I'm here to please them. 4 3 2 1
9. I am studying English because I want to please my teacher and get good grades. 4 3 2 1
10. I am studying English because most of my friends are good at English. 4 3 2 1

Add up the numbers you circled in each section.



Scores: Section 1 _____

Section 2 _____

Your score in **Section 1** tells you “how strongly your motivation to learn English comes from inside yourself”.

Your score in **Section 2** tells you “how strongly other influences are pushing you to learn English”.

This is what your scores mean:

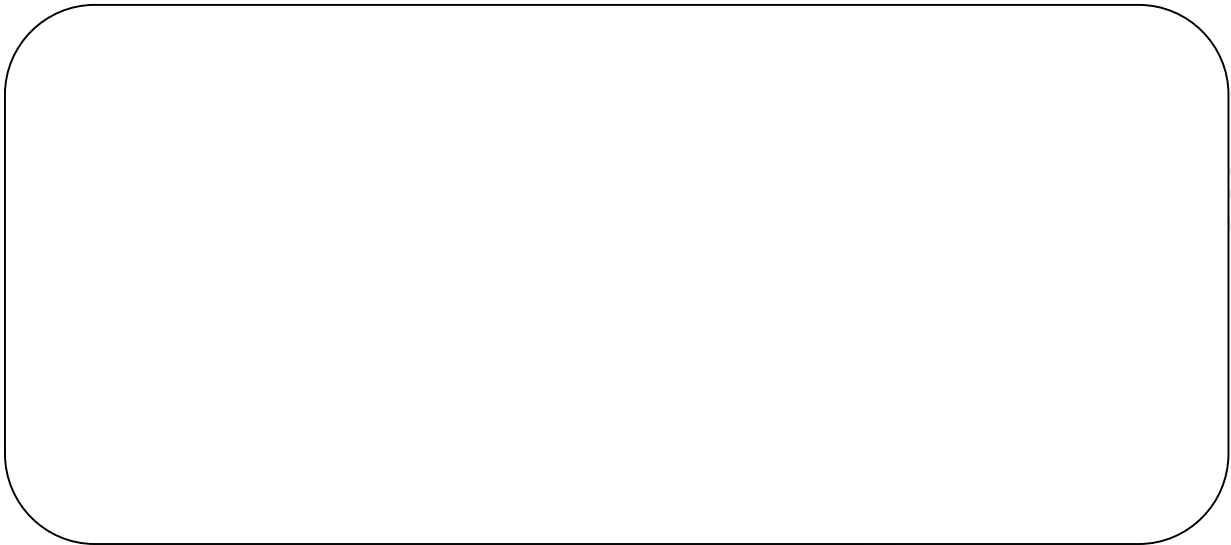
	SECTION 1 	SECTION 2 
SCORE 13-20	HIGH INTERNAL MOTIVATION <ul style="list-style-type: none"> • Because internal motivation comes from inside you, it can be easier to study and do the work you need to do. • If you can find your own reasons for studying, you are likely to achieve your goals. • You will probably find independent learning easier because you like what you are doing. 	HIGH EXTERNAL MOTIVATION <ul style="list-style-type: none"> • It is good to be motivated by other people or other things. • You like getting rewarded for the work you do, but when you face very difficult tasks, external motivation may be less effective than internal motivation. • You will find independent learning easier if you get or give yourself some reward.
SCORE 5-12	LOW INTERNAL MOTIVATION <ul style="list-style-type: none"> • If you have low internal motivation you may find it difficult to achieve the tasks you set for yourself. • It is important to think carefully about why you are studying English, and what your goals are. It may be a good idea to talk to your friends to find out what motivates them. • When you are studying, try to do activities that are fun and enjoyable. • It might be useful to visualize your future. See Motivation activity 1 or talk to a learning advisor. 	LOW EXTERNAL MOTIVATION <ul style="list-style-type: none"> • If you have low external motivation, it may be a good idea to think of small rewards that you can give yourself if you could achieve your weekly study goals or if you could finish your assignment on time. • Bigger rewards might be good if you achieve a major study goal. • Don't worry too much if you have low external motivation. You can make it up by having stronger internal motivation.

ANSWER KEY to Page. 1

1. I	2. I	3. I	4. E	5. I	6. E	7. I	8. E
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Reflection

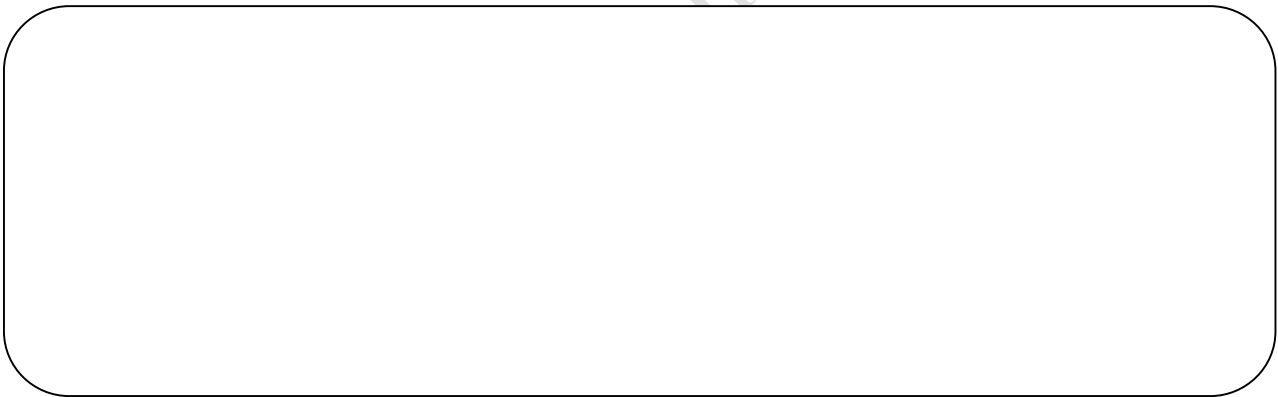
What did you find out about your motivation for learning? How is this information useful?



Comments from your Learning Advisor

If you are not taking a SALC module, you can still talk to a learning advisor.

Make a reservation here: <http://eliscalc.org/advisor>



Write answers to your advisor's questions.

