

SEC- 131: MOTIVATION

(Contact Hours: 45, Credits-3)

Course Objectives: This course will develop awareness among learners of the importance of Motivation. The programme will create in learners conditions in which they are willing to learn and work with zeal, initiative, interest, and enthusiasm. It will empower the students with diverse knowledge, expertise, skills and helps to develop the essential skills in life.

Learning Outcomes

At the end of the course students are able to:

1. demonstrate different aspects on how people are motivated
2. value outcomes through improved performance, well-being, personal growth and a sense of purpose
3. propose a pathway to change the way of thinking, feeling and behaving and also willing to work with zeal, initiative, interest and enthusiasm

UNIT I Motivation

- Concept; Types: Extrinsic and Intrinsic Motivation
- Principles and Importance of Motivation;
- Approaches to Motivation- Physiological, Behavioural, Cognitive and Social;
- Components of Motivation: (i) Activation, (ii) Persistence and (iii) Intensity

UNIT II Skills for Promoting Motivation

- Fun classroom energizers for motivation
- Group work for team building
- Motivational Talks to Achieve Goals
- Celebrate personal achievements in the classroom

UNIT III Improving Motivation

- 3 Motivation Activity Ideas for Students
- Strategies for Improving Motivation (i) Set Goals (ii) Develop a Timeline (iii) Assess your progress regularly (iv) Develop a support system (v) Create rewards
- Preparation of a Motivational Worksheet
- Music and games for improving motivation

Assignments (Choose any one)

1. Create a 5 minutes Motivational video

2. Develop your own Motivation skills
3. Identify 2 games for Experiential learning: Write down the steps for playing these motivational games

References

- Federmeier, K.D (2018)(Ed). Psychology of Learning and Motivation. United States: Elsevier Science.
- Fuller, C., Taylor, P., Wilson, K. (2019). A Toolkit of Motivational Skills: How to Help Others Reach for Change. United Kingdom: Wiley.
- Graham, S., & Weiner, B. (1996). Theories and principles of motivation: *Handbook of educational psychology*, 4(1), 63-84.
- Hoffman, B. (2015). Motivation for Learning and Performance. Netherlands: Elsevier Science.
- Mackay, A. (2010). Motivation, Ability and Confidence Building in People. (n.p.): Taylor & Francis.
- Mangal, S. K. (2004). Advanced Educational Psychology. India: PHI Learning.
- Mangal, S. K. (2007). Essentials Of Educational Psychology. India: PHI Learning.
- Miele & Wentzel.(2016) Handbook of Motivation at School. United Kingdom: Taylor & Francis.
- Morreale, S. P., Spitzberg, B. H., & Barge, J. K. (2001). *Human communication: Motivation, knowledge, and skills*. Belmont, CA: Wadsworth/Thomson Learning.
- Motivation: Theory and Research. (2012). United States: Taylor & Francis.
- Peters, R. S.(2015). *The concept of motivation*. Routledge.
- Shah & Gardner(Eds).(2008)Handbook of Motivation Science. United Kingdom: Guilford Publications.