



Weekly Bell Ringers

LIFELONG LEARNING

Week 2
Motivation



General Instructions



- There will be 5 activities assigned on the first day of each week to complete at the beginning of class (**no more than 5 minutes unless otherwise noted**)
- All 5 activities are to be completed by the last day of the week (**even if there is no school on a certain day or days or you were absent**)
- If you do not complete the daily activity before class begins, you are expected to finish it during any downtime or as homework.
- Further instructions may be available in the **speaker notes** section on individual slides
- **Monday** introduces the topic
- **Tuesday** provides advice, a how-to, or some other activity on the topic
- **Wednesday** deals with the past, present, or future of the topic
- **Thursday** gives you scenarios, questions, or aha moments to ponder and write about the topic
- **Friday** digs deeper into the truth of the topic and allows for reflection
- Activities will vary from week to week
- Remember, it's okay to collaborate, just remember to work together and not just copy each other's answers

Monday Make it Meme

Image provided by pixabay.com

SELF-MOTIVATION

According to the encyclopedia Britannica, a “meme, unit of cultural information spread by imitation.” Although pinpointing when the first meme appeared on the Internet has proven difficult, “the term meme (from the Greek mimema, meaning “imitated”) was introduced in 1976 by British evolutionary biologist Richard Dawkins in his work The Selfish Gene.”

Your mission is to turn this image into a meme for self-motivation. Should you need some inspiration for wording, feel free to search the Internet for just the right text.



Tuesday Tips

Study the infographic and understand each of the tips provided. In the space below, discuss what the opposite would be for each tip; create an anti-tip. What would it look like if a person had no motivation at work or school.

1.

Top tips to stay motivated at work or school



Develop a clear plan, vision and purpose for each day



Offer yourself self-feedback



Break long projects into smaller tasks by using PM tools



Celebrate wins



Firmbee

Wednesday Wonder

Ever wonder what naturally (or intrinsically) motivates you when it comes to school or work? According to LeadershipIQ.com there are five major motivations that drive people's actions at work; Achievement, Power, Affiliation, Security, and Adventure.

I have shown you my results, now it's your turn. Click my result image to take the short quiz, read your results and take a screenshot. Replace my screenshot with yours. More detailed instructions are available in the speaker notes section.

1. What?
2. So What?
3. Now What?

Your primary motivator is Adventure!

People with a need for adventure are motivated by risk, change, and uncertainty. They thrive when the environment or the work is constantly changing. They tend to like challenges and jump at the opportunity to be the first to do something new. They don't mind failure, especially if given the chance to try again. High adventure people often go out on their own. They may be entrepreneurs, or free lancers. They are likely to change jobs and companies often, especially when they get bored or feel that they have "maxed out" their potential somewhere.

Adventure driven high performers want excitement and to be doing something new all the time. They want to be "first" and always on the cutting edge. Assign them new and difficult projects and assignments. They don't care that it's hard, and they don't care if the work isn't perfectly defined. As long as it's cutting edge, and as long as it's new and it's different, then the harder the better. These individuals like change; they want to break up the status quo.

Adventure-drive people will go crazy when every day feels like every other day. They dislike doing work everybody else is already working on; it's much more gratifying to be the first person to work on a project. Avoid assigning them repetitive projects or jobs or work that is predictable or too easy.

Thursday Thunder (aha moments)

Study this quote. Then look up the definitions of intrinsic and extrinsic motivation. Place the three motivators listed in the quote in the correct box and then add enough motivators to the list to have 4 in each category.



You can motivate by fear, and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self motivation.

— Homer Rice —

AZ QUOTES

DEFINITIONS

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EXTRINSIC MOTIVATORS

- 1.

INTRINSIC MOTIVATORS

- 1.

Friday Feedback



This week's topic has been Motivation; including intrinsic and extrinsic motivation. A key factor to becoming a lifelong learner is to know what motivates you to succeed and persevere when you fail. You also took a quiz and based on your answers, you were provided a roadmap to what might motivate you at work.

Based on your quiz results, list a least 3 potential careers that could motivate you.

1.

What other activities would be helpful in either motivating you or learning about what motivates you? List at least 2.

1.