

I HAVE CONTROL SELF-MANAGEMENT RESILIENCE



LESSON TOPIC:

Motivation and Aspirations

ESSENTIAL QUESTION:

What motivates people to do well and be successful?

MATERIALS & PREPARATION

- Paper and writing utensils or devices with note taking software
- Note cards (3"x5" or 4"x6") or devices with presentation software

Additional
Reflection
Questions
for Download

LESSON PLAN

Activity 1

Watch video: *I Have Control* [3 MINUTES]

Activity 2

Facilitator may wish to have students complete Interactive Reflection Questions or continue to Activity 3

Activity 3

Ask students the following questions:

- What do you think motivates Darion to be successful?
- What are the things that motivate you to be successful?

Based on your knowledge of student, split students into groups of 2, 3 or 4. Give each group a stack of cards or open presentation software.

Ask each group to brainstorm things that might motivate them [or use a term such as **"life goal"** or **"aspiration"**]. Have groups place each idea they come up with on a different card or slide. If students struggle to come up with ideas, facilitator may wish to frame discussion towards the trusted adults in students' lives. What do those adults do or have?

After students have had time to write several different items on cards/slides, ask each group to consider the priorities and rank items from most important to least important. It is possible that many groups may not be able to come to consensus. Groups should come up with extrinsic motivations like money and intrinsic motivations like healthy relationships.

Give students only a minute or two to discuss and then ask students to think about how each item motivates them. Briefly describe intrinsic and extrinsic goals and ask students to label each the item each card/slide as intrinsic or extrinsic.



I HAVE CONTROL RESILIENCE

SELF-MANAGEMENT

Ask students to compare intrinsic and extrinsic motivation on their cards/slides and discuss if there is a belief that one type of goal is more important than the other.

Have each group share their priorities list to the larger group. Ask probing questions about what goals and aspirations each group presents.

Probing questions could include:

Is intrinsic or extrinsic motivation more powerful?

Why do you say so?

What is it about your intrinsic (internal) motivation that drives you?

[10-20 MINUTES]

CONCLUSION

Debriefing questions.

Was Darion motivated by intrinsic or extrinsic goals?

Why do you think that people who focus on intrinsic goals are usually happier over a lifetime compared to those who are motivated extrinsically?

[2-3 MINUTES]