**WORKSHOPS FOR STUDENTS OF MIDDLE SCHOOL**

**"MY MOTIVATION TO LEARN"**

**PART ONE**

**YOU CAN DO IT**

1. What is motivation?

Motivation - the word motivation is the result of the synthesis of two words: Motivation and Action.

The first means that you need a motive to act. In order for an action to take place, action must be stimulated. We put ourselves in the life of an inch, which is the driving force for our activity.

Motivation can mean the motivation component;

Social motives - contact, power - domination, satisfaction.

Active motives - loot, chasing, motivation, curiosity, excitement, creating something, experiencing.

Emotional motives - aggression, fear.

Organic motives - hunger, thirst, giving off (breathing, natural needs), maternal protection - (avoidance of cold, pain).

Motivation is needed for every human being, without it every action loses its value. It's a fuel that, like eating in order to be alive, drives us to action. It is not difficult to get into action, the problem is maintaining motivation at the right level and not being discouraged. It is important that the behavior that we are particularly up to has become our habit, and not to be performed only occasionally. Every day we do a lot of things that become our habits. We do it reflexively and no one even wonders why they do it. If we want to change something in our lives we should change our behavior into a habit. For a behavior to become a habit we have to do it systematically for a full three weeks. So if science, sport, diet is about to change our lives and we want to get involved strongly, don't do it starting tomorrow, but take an action today.

Habits are the motives for us. From our activity we have to feel satisfied if we do something under duress and do not give us satisfaction we have to find other forms of motivation to act. Strawberry enthusiasm - it is very often responsible for the fact that we withdraw from the action very quickly.

Psychology defines three directions of motivation:

* Direction - that is what motivates people to do
* Effort - how much energy will a person put into the motive that motivates us?
* Perseverance - this factor is probably the most difficult to behave, it is the persistence we most lack.

Motivation occurs when we light up something, we really care about it, for example. We assume that this school year we will work more to achieve better results in science. So they appear:

* a sharp increase in motivation and start of action,

- proportionately maintaining high motivation for action,

After some time almost unnoticed decrease in motivation and efficiency of activities,

- there is an attempt to return to the previous advantageous situation,

- resign from activity, expiration of motivation for action.

In addition to motivation, it is very important what is conditioned by personality and our strong will. Each of us is differently constructed in terms of strong will. The student sets goals, but factors such as family, support, and learning help are very important factors that support a young person. The man of his motivation owes his will to action, strong will and perseverance make these goals pursue. The goal of a mentor, a school teacher, should create a situation in which pupils after the lesson will still be motivated to deepen their knowledge. The most motivated people are those who have chosen a goal that requires frequent, tedious and monotonous repetition. If the activity is tedious and unattractive due to the strong motivation of the abomination it can become quite bearable.

Activities that support us in motivational activities are:

- strong visualization of the goal,

- salary ; It can be a word form of gratification and material,

- Stubborn pursuit of the goal.

If we think positively we are able to achieve our goal in spite of adversity. Our thoughts and imaginations should be guided by our "mind more than our body tells us."

Every young person starting a study has a very positive attitude towards learning. Children like school, they want to learn and they are are interested in the world. Let's answer what happens at school with the child, that in the subsequent levels of the school career motivation drops and sometimes disappears? Motivation is a phenomenon that is accompanied by readiness to pursue specific goals. You can talk about motivation but you really need to have the ability to liberate her in a human. Psychologists believe that motivation is really the most important driving force for learning. If we clearly define the motives for learning, we will be able to control their influence on the learning process.
Motivation can be divided into internal and external.

* The inner motivation stimulates us to act, we feel that it has values in itself, its example is the passion for something. We do not expect any gratification for it.
* The outside motivation creates an incentive for action that is somehow rewarded or allows us to avoid punishment.

That's why we learn:

* WE CARE AT SOCIETY.
* LEARNING FOR LEARNING,
* LEARNING FOR PERSONAL BENEFITS,
* LEARNING ACHIEVEMENT WITH THE GROUP
* ACHIEVEMENT OF ACHIEVING ACHIEVING AND AVOIDING A FAILURE
* LEARNING AND CLIMAX LEARNING
* CALL OFF DUTY
* PRACTICAL LIFE OBJECTIVES

During the school year?

The structure of motivation and the nature of the motives are changing with the age of the pupil, they differ also in the individual, depending on the external factors of the environment, the experience of the pupil in learning and extracurricular activities, and the level of didactic and educational work at school. An important factor supporting the motivation of the child is the family environment. Younger children need to maintain their motivation and motivation. Today's popular motive for learning is good appraisals as a sign of learning success, while others are praised by teachers, distinguished among their peers. Such motives are called ambitions.

Mr Maslow has created a hierarchy according to which the motivation to meet the needs of the higher one may arise after satisfying basic needs:

* AESTHETIC REQUIREMENTS,
* THE NEED FOR KNOWLEDGE AND UNDERSTANDING,
* THE NEED FOR SAMORALIZATION,
* NEED TO RECOGNIZE,
* NEED FOR MUSIC AND LOVE,
* SAFETY NEEDS,
* PHYSIOLOGICAL REQUIREMENTS.

Positive internal motivation of students and emotional climate is the basic condition of persistence in work and attainment of intended goals.

The least favorable motive for learning is the fear of punishment from the teacher. Parents, mockery or contempt of colleagues.

The learning theme may be:

 - disinterested need for knowledge and curiosity,

* the immediate goals of life,
* awareness of the usefulness of the subject in other sciences and practices,
* knowledge of own accomplishments or mistakes and the desire to improve,
* implementation of scheduled tasks even in spite of weak will and difficulty in self-control,
* - individual or group competition for faster and better resolution of the problem.