

Title

Education and Intrinsic and Extrinsic Motivation

Introduction

One of the main reasons I am in college is that I value education and believe it is essential to my future. I am intrinsically motivated by the idea of learning and bettering myself. College presents an opportunity to gain knowledge and skills that will help me throughout my life, and I am eager to take advantage of that opportunity. Additionally, I am extrinsically motivated by the fact that a college degree will give me a leg up in the job market. With a degree, I will be more likely to get hired for a position that interests me and pays well. Ultimately, motivation drives me to succeed in college, and I am determined to make the most of my time here.

Accordingly, the main reasons for my lack of motivation are intrinsic motivation that comes from within myself and extrinsic motivation that comes from external factors (Feist & Rosenberg, 2018). For example, I sometimes lack the motivation to study for a college exam because I do not find the material interesting (intrinsic) or because I am afraid of failing the exam (extrinsic). Once I know the reason for my lack of motivation, I take steps to address it. If the reason is intrinsic, I find a way to make the material more interesting. This may involve finding new resources or changing my study methods (Fishbach & Woolley, 2022). If the reason is extrinsic, I work on building my confidence and overcoming my fear of failure. This may involve seeking professional help or talking to someone who has had a similar experience. Whichever the case may be, I overcome the lack of motivation with effort and perseverance (Buzdar et al., 2017).

I am currently lackadaisical about my area of schooling, college. My motivation has been stifled as of late, and it is taking a toll on me. I have been letting myself down by not completing assignments and not studying for exams. Lack of motivation has made me feel guilty, anxious, and even ashamed. What once was a source of pride and education has now become a burden,

Body Paragraph 1

something I dread participating in. I am starting to feel like I am not good enough and that maybe this is not for me. Seeing others around me succeed is hard when I cannot even seem to get myself together long enough to care about my own success. All I can do is hope that this feeling is temporary and that I will be able to motivate myself again soon. Until then, my lack of motivation is making me feel terrible.



College Essay

References

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