

Motivation Reflection Project

General Information

Course: Psychology

Chapter: ten

Assigned: Friday, January 22

Due: Wednesday, February 3

Points: 20

Group Size: 1 person

Format: informal paper

Summary: Reflect on how factors discussed in this chapter (e.g., autonomy, feedback, implicit theories, overjustification, etc.) have influenced your motivation for specific classes, academics in general, or other aspects of life growing up.

Bonus: For up to +30%, suggest a way that one of the concepts you discuss could be used to improve motivation or success in a high school setting, and write a brief procedure section for a way your idea could be empirically tested.

Directions

1. Choose one or more key concepts from the chapter and summarize them in one or more paragraphs each.
2. Discuss how these concepts have related to your own experiences and motivations.

Scoring

[A] You show a personal understanding of the concepts you discuss.

- 10 You demonstrate a solid understanding of the concepts both in your description of them and in your relation of them to personal experience.
- 8-9 You demonstrate some understanding of the concepts by discussing them in context.
- 5-7 You demonstrate some understanding of the concepts but do not clearly relate them to personal experiences.
- 1-4 You are unclear on the concepts you discuss.

[X] All steps are completed.

- 10 All stated directions are followed.
- 1-9 One or more aspects of the project is omitted or incomplete.

[Y] The final product is polished and professional.

- 10 The paper is typed, stapled, reasonably formatted, and easy to read.
- 1-9 Not all of the above requirements are met.