

09:00

Fri, Sep 13



MESSAGE

09:00 am

Student Development Resource Centre
How to increase
learning motivation??

According to Deci & Ryan's Self-Determination Theory (1985),
two types of motivation give rise to an action.

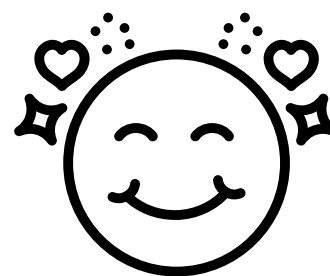
Extrinsic Motivation



Action is due to
Rewards

E.g. Study hard because
you want to achieve a
better GPA & articulate
to ideal universities

Intrinsic Motivation



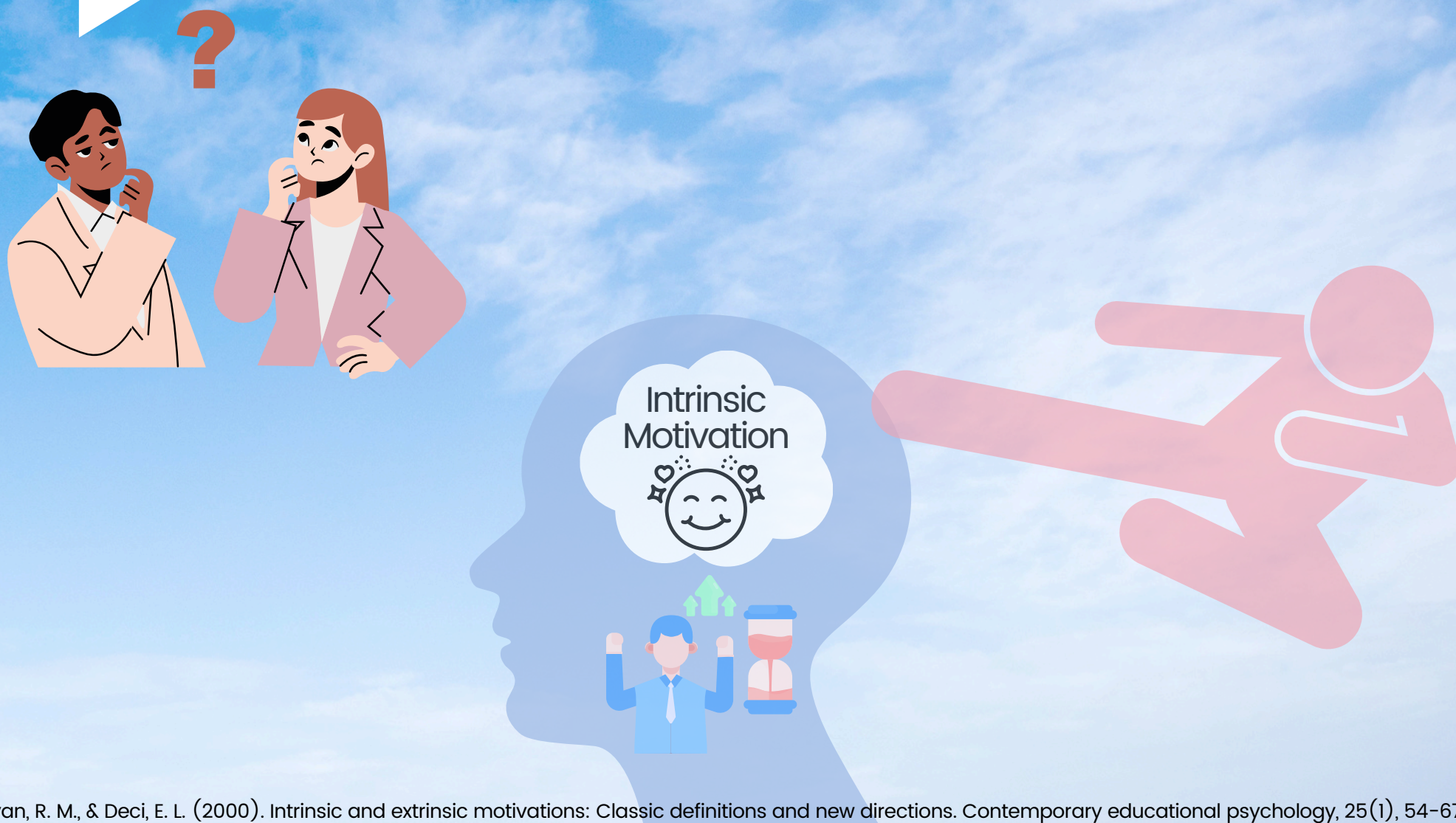
Action is due to
Interests/ Enjoyment

E.g. Study hard
because you
think studying is
inherently
interesting/
enjoyable

Better satisfaction & performance is highly related to intrinsic motivation.

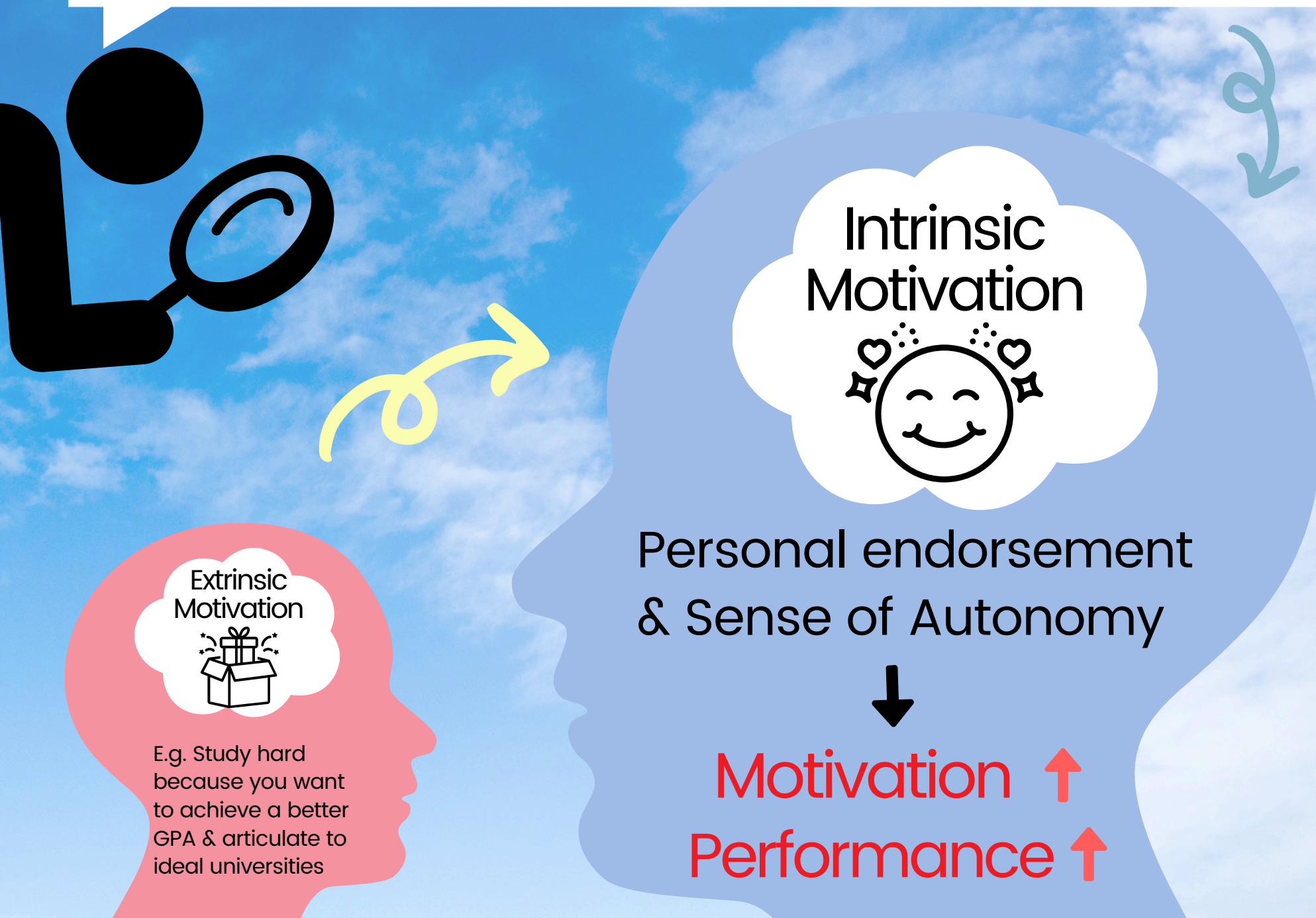
However, many of the educational activities prescribed in schools are not designed to be intrinsically interesting!!!

So how could we increase our intrinsic motivation??



Studying hard can help me achieve my dreams, allowing me to get my ideal job.

(Studying hard is very meaningful to me.)



The process of internalization/ meaning-making can transform extrinsic motivation to intrinsic motivation.

**To foster your learning motivation
& articulate to the ideal
universities, welcome to contact
SDRC**

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