Stress (Maslow 1943, Yerkes & Dodson 1908)

What motivates a student to learn?

Collaboration - working together in a group
Relevance - how the material relates to the students' lives
Creativity - allowing students to explore and use their own thoughts and ideas (Kohn, 1993)

Rewards

Intrinsic Rewards (Kohn, 1993, Csikszentmihalyi, 1975) comes form within the people themselves not relying on any external factors such as: "Good job" from the teacher

Success is one of the most important intrinsic motivators (Zull, 1993)

Intermediate level of stress creates greatest amount of learning (Yerkes Dodson, 1908)

Physiological needs (Maslow, 1943) keep our body at homeostasis, ex: food, water, shelter

Some students thrive when there is stress and are motivated by high stakes testing (Goleman, 2006)

Self-Actualization (Maslow, 1943) When one has reached their fullest potential and they feel they know their place in the world

Intermediate level of stress creates greatest amount of learning (Yerkes, Dodson 1908)

Learning a new task is best under low stress conditions (Yerkes, Dodson 1908)

Amygdala the fear and pleasure center part of the brain where learning happens (Zull 2002)

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