

Foundation Year: Routes to Success – sustaining success

Week 2: Task Question Sheet

These questions relate to the RSA animation video of Dan Pink's lecture on motivation.

[RSA Animate - Drive: The surprising truth about what motivates us](#)

Instructions

Watch the video again – you can do this individually or you may find it interesting to watch it with a few friends. You can book study space in the University library for this kind of small group activity.

What will I gain by doing this activity?

You will find this task useful for the section on the portfolio which discussed motivation

You may also find it helpful in the broader sense of sustaining your motivation when challenging difficult tasks, or changing your behaviours so that you can be more successful in your studies

Questions

1. In the RSA video Dan Pink's account of motivations differs between mechanical tasks and cognitive tasks.
What sort of tasks do you routinely engage with during your studies? Does it vary or is it constant?
2. Do you recognise any of the observed behaviours in your own motivations, or does your personal experience contradict the claims made in the video?
3. Briefly describe what you know or understand about your own motivations. You may like to discuss your personal motivations with a friend or small group, maybe even watch the video together again for a second time.
4. The video discusses motivation in the context of home life and the workplace. Briefly discuss or describe in what ways is it may be relevant to you, as a foundation year student, within your university career, in your future generally.
5. The video also comes from a largely US perspective, in what ways do you think that perspective may be relevant or at odds with your own cultural background and experience?
6. If you think about relating the video to your own current experiences, what are your incentives to study?
7. When might it be useful to offer yourself rewards in return/recognition for achievement?
8. Pink talks about the benefit to individuals of 'one day of autonomy', in your current context, how might you achieve one day of autonomy? How might that be useful?
9. Is there an area of your life where you pursue mastery? What do you do? What skills do you develop with this activity?
10. Can you identify any other similar resources relevant to motivation? If so note this to submit as part of your portfolio with a brief descriptive/explanatory.