Group 1:

1. What is intrinsic motivation? Explain how it works.
2. Give explanation and provide at least 5 examples.

Group 2:

1. What is extrinsic motivation? Explain how it works.
2. Give explanation and provide at least 5 examples.

Group 3:

1. How can a student increase their motivation in school?
2. Provide at least 4 solid and practical examples of how a student might gain and/or increase their motivation to be successful.

Group 4:

1. How does self-esteem affect motivation?
2. Explain and provide at least 5 tips for enhancing your self-esteem.