

Intrinsic Motivation

There are fourteen units in the online textbook *Grammar Form and Function Book 2*. I am giving these to you as homework, but there is no way that I can check that much homework from all the students, and even if I check your homework, this checking will start to seem meaningless. Why do you want to show your homework to your teacher anyway? You study English for your benefit, not mine. I give this homework to you because it is my suggested plan for you to follow. I suggested this homework because I think it will help you make progress in your English studies. There also are many other online sources you can use to study.

The most important thing for you to understand as university students—especially as students studying by remote lessons—is that you should be self-directed, motivated by **intrinsic motivation**. Study for your long-term goal of needing to speak English well for your future life. You don't need to prove to a teacher that you have done your homework every week. However, of course if you have questions about your homework, or you don't understand why your answers are wrong, you can contact me and ask me specific questions.

intrinsic motivation: 本質的な動機

When you have **intrinsic motivation**, you make an effort to do something because it is important and enjoyable *to you*, not *to other people*. When you have **extrinsic motivation**, you make an effort because you want a payment or some points in a game. When people do things because of **extrinsic motivation**, it is often the case that they do it without enjoyment. It is just something they must do in order to get something that they need. If you are lucky, the things you do to get what you need are also the things that you enjoy doing.