

Your Child's Motivational Profile

Instructions: Place a mark to indicate whether your child is internally or externally motivated to participate in the following learning/homework activities.

Internally motivated means they are naturally interested, curious, and persistent. Externally motivated means they are not naturally interested, lack persistence, and are only doing the work to avoid penalties or to obtain a good grade.

Subject/Class	Internally motivated	Externally motivated
Reading	<input type="checkbox"/>	<input type="checkbox"/>
Spelling	<input type="checkbox"/>	<input type="checkbox"/>
Writing	<input type="checkbox"/>	<input type="checkbox"/>
Maths	<input type="checkbox"/>	<input type="checkbox"/>
Science	<input type="checkbox"/>	<input type="checkbox"/>
History	<input type="checkbox"/>	<input type="checkbox"/>
Computer Work	<input type="checkbox"/>	<input type="checkbox"/>
Art (drawing, painting)	<input type="checkbox"/>	<input type="checkbox"/>
Music (playing an instrument)	<input type="checkbox"/>	<input type="checkbox"/>
Drama (acting)	<input type="checkbox"/>	<input type="checkbox"/>
Physical Education (exercise)	<input type="checkbox"/>	<input type="checkbox"/>
Sport (playing on a team)	<input type="checkbox"/>	<input type="checkbox"/>

Reminder: For those classes/subjects where you have marked 'internally motivated', use internal motivational methods. These can include encouraging your child to work independently without your help, encouraging your child's enjoyment, and providing new learning activities when bored (avoid too much praise for achievement).

For those classes/subjects where you marked 'externally motivated', use external motivational methods. These can include praising your child in many different ways, providing activity reinforcers, using token reinforcement, and withdrawing privileges.