

Reading

次の英文を読んで、設問に答えよ。

Psychologists have been trying to explain why some people work hard at a task while others choose not to do so. ⁽¹⁾In other words, your motivation affects whether or not you do your work, which study strategies you decide to use, when you do your work, how long you work on a task, and how well you concentrate on it. Motivation
5 can be described as something that energizes, directs, and sustains behavior toward a particular goal. ⁽²⁾Understanding more about the factors that influence motivation and the strategies that can be used to increase it can help you be more successful.

Although many factors influence motivation, your goals, your belief in your abilities, and your level of effort are perhaps the most important ones for academic
10 success.

Your goals influence your motivation to complete a task. Without challenging, realistic goals, you may not know where to direct your efforts. You may have noticed that your motivation varies depending on the tasks that you need to complete. Many students find that they are more motivated to work on a task when
15 they have a personal interest in completing it or find it challenging to do so. Working on a task because you want to learn or do something can be referred to as *intrinsic motivation*.

On the other hand, you may also be motivated by the promise or expectation of earning rewards, grades or other types of external gain. Being motivated by
20 external factors can be referred to as *extrinsic motivation*. Many times, our efforts are motivated by a combination of intrinsic and extrinsic motivation. You may begin to read a textbook chapter, for example, because you are concerned about your grade in the course (extrinsic motivation). However, as you are reading, you may find that you become interested in the material itself and want to learn more about the
25 topic (intrinsic motivation). Your increased interest in the material may actually increase your motivation to complete the task, perhaps with even more effort.