

# Motivation

1. Define intrinsic vs. extrinsic motivation. What argument is this [episode](#) making about which kind of motivation produces the most drive and leads to the greatest results, and how is it supported?
2. Explain how the different kinds of learners discussed in the episode match up with extrinsic or intrinsic motivation.
3. What are the three components of intrinsic motivation and how could you personally apply them to your college education?
4. Consider the kinds of obstacles the episode describes to developing as an intrinsically motivated deep learner, and identify the one (or ones) that affect you the most. Start developing a plan to overcome them.

