



Motivation Questionnaire

For Older Students

Name: _____ Date: _____

3 Academic Activities/Tasks I Generally Enjoy

ACTIVITY	REASON(S) I ENJOY IT

3 Activities/Tasks Outside of School I Generally Enjoy

ACTIVITY	REASON(S) I ENJOY IT

3 Academic Activities/Tasks I DO NOT Enjoy

ACTIVITY	REASON(S) I DO NOT ENJOY IT

3 Activities/Tasks Outside of School I DO NOT Enjoy

ACTIVITY	REASON(S) I DO NOT IT

Reflect Mindfully: How Do Activities/Tasks Make Me Feel

What emotions do you associate with activities/tasks you enjoy ?	
What do these emotions feel like in your body? (e.g., lightness, alertness, smiling, etc.)	
What emotions do you associate with activities/tasks you do not enjoy ?	
What do these emotions feel like in your body? (e.g., nausea, blankness, tightness in chest, etc.)	



Motivation Questionnaire for Older Students (Continued)

Our human needs range from basic survival needs to creativity and altruism, according to Abraham Maslow, a well-known psychologist. Maslow described these needs as a hierarchy in which the basic needs must be met before we could have the motivation and effort to meet higher level needs.

In this part of the motivation questionnaire, you will rate yourself on 26 items that may help you identify areas of need in your own life that can influence your motivation and effort. After you have completed the questionnaire, you can fill out the graphic organizer on the following page, and reflect on any ideas you have about motivation and effort.

Rate yourself on how often each statement is true for you by putting an x in the appropriate box.

	Never	Some of the time	Often	Almost Always
1) I have a place to live.				
2) I have enough food and water.				
3) I feel physically comfortable.				
4) I feel safe in my home.				
5) I feel safe at school.				
6) I feel safe in my neighborhood.				
7) I have people in my life who help me when needed.				
8) My home life is predictable and secure.				
9) I have a quiet and clean place to do my work.				
10) I know what my responsibilities are at home and school.				
11) I know how to do what I am supposed to do.				
12) I feel confident that I can meet my responsibilities successfully.				
13) I feel that others care about/love me.				
14) I feel that others care about my work.				
15) I have at least one close friend.				
16) My successes are acknowledged at school.				



Motivation Questionnaire for Older Students (Continued)

17) My successes are acknowledged at home.				
18) I feel I have strengths and talents.				
19) I am curious, and I like to learn about new things.				
20) I like to make connections between the many things I see, or hear, or learn about.				
21) I need to understand things.				
22) I like to be creative and am often inspired by the creativity of others.				
23) I know what I need in order to feel happy and fulfilled in my life.				
24) I get a lot of satisfaction from doing well on something that is important to me.				
25) I feel that my activities and tasks have relevance to my life.				
26) I feel my activities and tasks are contributing something to others.				

Maslow’s Hierarchy of Needs is shown here, with physiological needs at the bottom (the most basic needs). Notice that the “need to know and understand” (a need often filled by school) is fairly high in the hierarchy.

Are you motivated to exert the effort to fill this need? Why or why not? If you have difficulties with motivation and effort in any area of your life, take some time now to reflect upon what might be getting in your way. You may write on the back of this sheet. Consider paying particular attention to the items you rated as “Never” or “Some of the Time.”

Please talk to a teacher or counselor if you experience any strong emotions during this activity.

Maslow’s Hierarchy	
Needs Hierarchy	Question Alignment
Transcendence	26
Self-Actualization	23-25
Aesthetic	22
Know and Understand	19-21
Esteem	16-18
Belongingness and Love	13-15
Safety	4-12
Physiological	1-3