

**EDUCATION
THAT
MOTIVATES**
AN ALTERNATIVE APPROACH






WHAT MOTIVATES?




EXTRINSIC



Approval of others
Prizes/Incentives
Punishment
Money
Fear

INTRINSIC



Pride
Curiosity
Mastery
Meaning
Passion
Enjoyment

MOTIVATING CHANGE

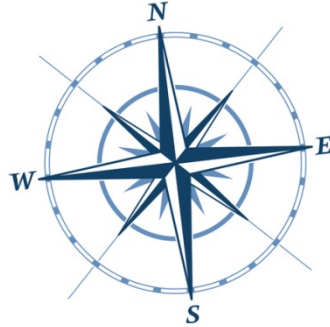


THE ROLE OF VALUES

WHAT ARE VALUES?

Values refers to things that are important to you.

Values reflect a kind of map of the type of life we want to live.



Value based goals are motivating! This is because, when goals are based on your own personal values, pursuing them is likely to feel personally satisfying and important. This is contrast to goals we set that reflect the desires, attitudes or beliefs of others.

WHAT ARE YOUR VALUES?

For each of these areas of life ask yourself *“How would I like to be living and taking care of this area of my life?”*



HEALTH



RELATIONSHIPS



WORK/STUDY



LEISURE



**CULTURE AND
COUNTRY**



SPIRITUALITY

A TYPICAL EDUCATION SESSION

1	Group Brainstorm	Facilitated group discussion, what makes a deadly life? What is important to you? In relation to health, career, relationships, lifestyle/leisure responses written up on white board.
2	Reflective activity	Individual write down, or mentally note what is important/what they value.
3	Integrative activity	Facilitated group discussion on how smoking might impact on individual values. Education on specific smoking topics provided organically, as they are raised by students. This is only done so when gaps are identified in the students understanding.

ANY QUESTIONS?

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