

Middle School Guidance



May 2013

MOTIVATION

What is motivation? Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviors. Motivation is what causes us to act, whether it is getting a glass of water to quench a thirst, or reading a book to gain knowledge. Motivation involves the biological, emotional, social and cognitive forces that activate behavior.

Components of Motivation - Activation, persistence and intensity are the three major components to motivation. Activation involves the decision to initiate a behavior, such as enrolling in a basketball camp. Persistence is the continued effort toward a goal even though obstacles may exist, such as enrolling in more basketball

camp in order to become a better player although it requires a significant investment of time, energy and resources. Finally, intensity can be seen in the concentration and vigor that goes into pursuing a goal. This can be demonstrated when one player spends countless hours honing his/her skill to become better compared to another player who rests on his/her laurels. **Extrinsic vs. Intrinsic Motivation** - Different types of motivation are frequently described as being either extrinsic or intrinsic. Extrinsic motivations are those that arise from the outside of the individual and often involve rewards such as trophies, money, social recognition or praise. Intrinsic motivations are

those that arise from within the individual, such as losing weight purely for the personal gratification of looking and feeling better personally. (Kendra Cherry, About.com)

Quote of the month

"Limitation only live in our minds, but if we use our imaginations our possibilities become limitless."

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Points of Interest:

- ✓ - Unsure of your grades? Review grades by logging into the PowerSchool parent portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>



**HAPPY
MOTHER'S
DAY**

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Important Upcoming Events

The following are a listing of important dates to remember:

May 23, 2013 - Middle School Awards Day Program (1:00 - 3:00).

May 30, 2013 - G.R.E.A.T. reward trip.

May 31, 2013 - G.R.E.A.T. reward trip.

May 27, 2013 - Memorial Day.

June 5, 2013 - End of the fourth nine-week grading period.

June 5, 2013 - Last student day of the 2012 - 2013 school year.

June 14, 2013 - Flag Day! Display the colors proudly!

July 4, 2013 - Independence Day. Happy birthday America!

August 23, 2013 and August 24, 2013 - Teacher In-Service Days.

August 27, 2013 - First student day of the 2013 - 2014 school year.

September 2, 2013 - Labor Day.

