

Motivational map

Metacognitive skill targeted: Self-awareness, self-assessment, target setting, reflection, adjustment of learning strategies

When to use it

The **Motivational Map** helps you understand what motivates you most to learn, so that the course can be adapted to your interests and needs. Your teacher can guide you. This way, you will more easily keep your interest and perform better. It's a tool that makes learning more personal and effective.

What you'll do

You need to answer a short questionnaire that will show what motivates you most. Based on the results, together with your teacher, you can tailor the course to best suit your interests and the way you learn.

What You Need *

- Paper or digital questionnaire Motivational Map
- Computer, tablet or mobile phone for completion (if digital)
- Access to the Motivational Map site (account/link)
- Report of results (generated automatically after completion)

How to use it

1. Complete the questionnaire online or in paper form, answering honestly.
2. Take your report, showing your personal motivation for learning.
3. Read the results with your teacher to understand them.
4. Discuss how the course can be adapted to your interests.
5. Use this knowledge to improve your participation and performance in learning.

Tips for Reuse / Continuation

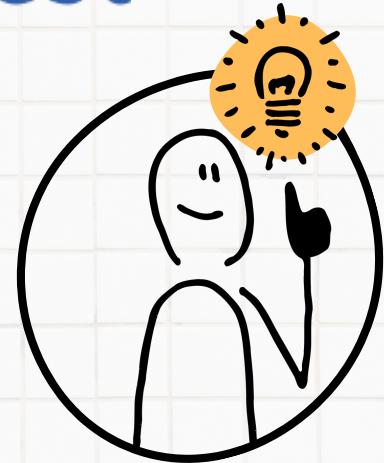
You can repeat the questionnaire after a few months to see if your motivation has changed and to re-adapt your learning to your new needs.



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motivational

M A P



Step

🧠 1. What motivates me most?

🔍 2. What did I find out?

🎯 3. What does this mean for my learning?

💡 4. How can I stay motivated?

What I Do

I answer the questionnaire with honest and simple answers.

My top motivation is:
[]

It helps my teacher understand how I learn best!

I will: [write one thing you will try – e.g. "ask more questions", "work with friends"]

1

What motivates me?

👉 “Being creative”,
“Helping others”,
“Solving problems”



2

How do I learn best?

👉 “By doing things”,
“With friends”,
“By watching and
listening”



3

My goal this week

👉 “Try something new”

“Ask more questions”

“Work with a partner”

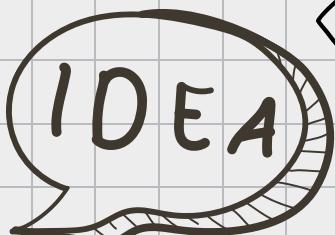
4

What I’m
proud of



1

What motivates me?



2

How do I learn best?



3

My goal this week

"

4

What I'm proud of

