

## Motivation and Success Quiz

Target audience:

Secondary | Genral adult education | Vocational training | Cégep



Organize a quiz with students and learn about the subject of motivation!

Whether it's with Kahoot!, PowerPoint, Canva or any other medium, the important thing is to have fun!

### Suggestions for questions and answers

Green: correct answer

**1 To succeed in your studies, you must...**

- a. make efforts
- b. have talent
- c. find the best study strategies for yourself

**d. Answers a and c**

**2 Also called the “pleasure hormone”, provides a feeling of pleasure and satisfaction when you succeed at something difficult**

a. Oxytocin

**b. Dopamine**

c. Serotonin

d. Melatonin

**3 Is it motivation that causes success or success that causes motivation?**

**a. Success causes motivation**

b. Motivation causes success

**4 Motivation is the force that drives us to...**

**a. the action**

b. love

c. satisfaction

d. learning

**5 Feeling that you are appreciated, that you belong in a group and that those around you believe in you, that's the feeling...**

a. of competence

b. of autonomy

**c. of belonging**

**6 Ability to bounce back from trials and difficulties**

a. Ease

b. Self-esteem

**c. Resilience**

d. Motivation

**7 Mental representations of what we want to achieve, what we desire**

**a. Dreams**

b. Achievements

c. Failures

d. Efforts

**8 Negative result of an attempt, but also an important step in the learning process**

a. Difficulty

b. Grief

c. Abandonment

**d. Failure**

**9 Feeling of assurance of a person who trusts himself**

a. Joy

b. Gratitude

**c. Self-confidence**

**10 Believing that we are capable of succeeding at a task...**

a. helps us to sleep

**b. helps us improve and succeed**

c. gives us super powers

d. helps develop our relationships



## Question and Answer Suggestions - CONTINUED

## Green: correct answer

**11 To be motivated, it is important to believe in...**

- a. our difficulties
- b. our abilities**
- c. our needs

**12 Intrinsic motivation is when we take action...**

- a. for pure interest**
- b. to please friends
- c. to obtain an immediate reward

**13 When a task is complex and demotivating, we can...**

- a. abandon it
- b. turn it into a poem
- c. divide it into small, simple tasks**

**14 To show willpower, to be resolute and determined, that's called...**

- a. determination**
- b. imagination
- c. autonomy

**15 Way of structuring, arranging, planning, preparing**

- a. Disorder
- b. Relaxation
- c. Organisation**

**16 A good strategy to stay motivated**

- a. Wait for motivation
- b. Work non-stop
- c. Have clear goals**

**17 Taking care of your motivation will help you cope...**

- a. to anger
- b. in more difficult times**
- c. the time

**18 Failures lead to...**

- a. learnings**
- b. other failures
- c. the reward

**19 Number of hours of sleep needed to stay focused in class**

- a. 3 to 5 hours
- b. 6 to 8 hours
- c. 8 to 10 hours**
- d. 11 to 12 hours

**20 Signs of Demotivation**

- a. Fun and collaboration
- b. Energy and focus
- c. Discouragement and failures**
- d. Dynamism and action

**21 Comforts and leads us to do better, to persevere**

- a. Insult
- b. Encouragement**
- c. Goal
- d. Abandonment

**22 Project or mission completed**

- a. Dream
- b. Goal
- c. Accomplishment**

**23 The role of a teacher in academic motivation**

- a. Encouraging and supporting students**
- b. Assigning only difficult homeworks
- c. Discouraging students if they fail
- d. Setting unattainable goals

**24 What a MOTIVATED student says when faced with failure**

- a. I will never get there
- b. I know how to do it, I'm still trying**
- c. I'll put that aside, we'll see
- d. I don't know what's the point of doing that

**25 A feeling that reinforces motivation**

- a. Jealousy
- b. Anger
- c. Gratitude**
- d. Frustration