#### **ACTIVITY SHEET**

## **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

6 Ability to bounce back from trials and difficulties
a. Ease
b. Self-esteem
c. Resilience
d. Motivation

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

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c. satisfaction

d. learning

Feeling that you are appreciated, that you



a. Dreams

b. Achievementsc. Failuresd. 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

## 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

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

a. helps us to sleep

**b.** helps us improve and succeed

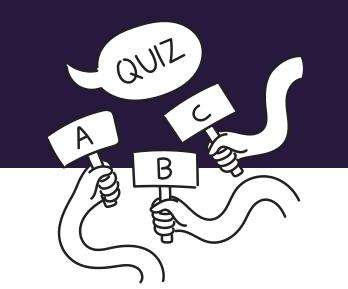
c. gives us super powers d. helps develop our relationships





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### **ACTIVITY SHEET**



**Question and Answer Suggestions - CONTINUED** 

**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

#### **Green: correct answer**

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

## 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

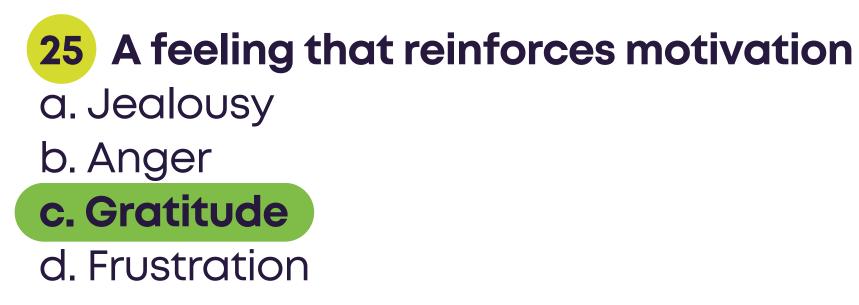
## **b. Encouragement**c. Goald. Abandonment

- 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

#### **b. in more difficult times**

c. the time

18 Failures lead to...a. learningsb. other failuresc. the reward







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