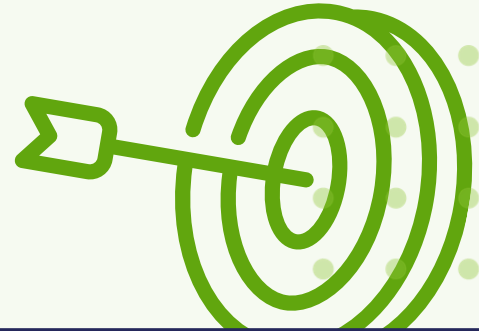


# YOUR TEEN AND THEIR FUTURE: MOTIVATION CHANGES EVERYTHING

Whether intrinsic or extrinsic, motivation is what drives the career exploration process. It helps your teen stay engaged and persist despite the challenges.



## Intrinsic Motivation

It's the desire to do something because it's important to you or because it's fun.

Reading a book out of curiosity or because of a deep interest in history. Studying a subject because of your interest in it, without thinking about grades.

## Extrinsic Motivation

This type of motivation doesn't come from you. Instead, it comes from other people, from your environment or society.

Studying to get good grades and make your parents happy. Choosing a career because it's well paid.



**Intrinsic motivation promotes well-being and makes it more likely to attain your objectives.**

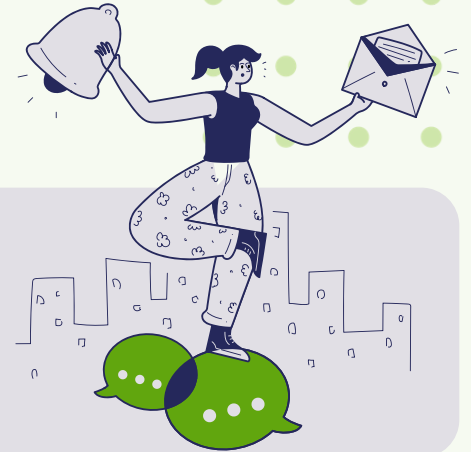
**This is the type of motivation you want your teen to develop!**

# YOUR TEEN AND THEIR FUTURE: MOTIVATION CHANGES EVERYTHING

As a parent, you can encourage your teen to develop their own motivation. The three essential practices promote intrinsic motivation.

## COMMUNICATING

- Listen without imposing your ideas.
- Take an interest in your teen's activities.
- Value your teen's point of view.



## SUPPORTING AUTONOMY

- Help your teen figure out their interests, strengths, and motivations.
- Let your teen make choices that have meaning for them.
- Encourage their efforts and initiatives.
- Show the connection between completing tasks and accomplishing goals.

## PROVIDING STRUCTURE

- Make sure that your teen has a variety of experiences.
- Make your teen think about the consequences of their choices.
- Help them filter, understand, and evaluate information.

