

**Psyc 272 – Industrial Psychology – Class project #3:
Understanding What Motivates You**

1. Follow Instructions as your instructor walks the class through a series of decisions that will help you identify the job factors that you would find most motivating at this point in your life.
2. There will be a brief class discussion to identify the factors that are most commonly chosen by your peers, and attempt will be made to determine whether intrinsic or extrinsic factors are more motivating.
3. Look back on the list of job factors that you identified as highly motivating for yourself. From this list, select the SIX factors that you think are most important. Classify each of these factors as being a primarily *intrinsic* or *extrinsic* job factor.

YOUR ASSIGNMENT:

Look at the list of six factors that you have identified as being most important. Also take a look at the ones that may have just missed making it onto your final list. How many of these would be classified as intrinsic factors? How many as extrinsic factors?

Write a brief (2-3 pages) essay in which you reflect upon the types of things that you would find most motivating at this point in your career. Discuss *why* you think that you place such importance on these factors and why a job that did not provide these things would be dissatisfying for you. Are there one or two things that rise above all of the others in importance to you? Do you think you would come up with a different list if you were 45 years old instead of around 21? Share any other thoughts that you might have about how your ideas about your job motivations are related to your career plans.