

Summary of the third meeting: MOTIVATION AS THE FUEL TO TAKE ACTION

Motivation is considered the bursting energy that leads a person to attain a designated task or display a specific behaviour. There are many factors that influence one's motivation, moreover is well know the distinction between intrinsic and extrinsic motivation. It is also possible to mention achievement motivation or competence motivation.

Snyder's definition of hope is of particular relevance for contemporary psychology. Hope is defined as the motivation that feeds on the possibility of achieving designated goals. According to Snyder, hope implies focusing on the goals, identifying the strategies necessary to achieve them, enhance and maintain motivation in using chosen strategies.

Considering that future is unpredictable and that radical and sudden changes occur, what the "Life design" model, to make an example, wishes is that people would be able to plan their "life trajectory" by constantly comparing imagined goals with real contextual possibilities, in order to perceive a well-being feeling and be motivated to face even the most difficult moments of their lives.

Niles projected a hope-centred model of career development and suggested that self-concept has to be built by steps. During the meeting participants will be thinking not only about the function of motivation but also on the role that hope plays in personal planning and on the methods to exploit it, as students and citizens of the present and future times.

