

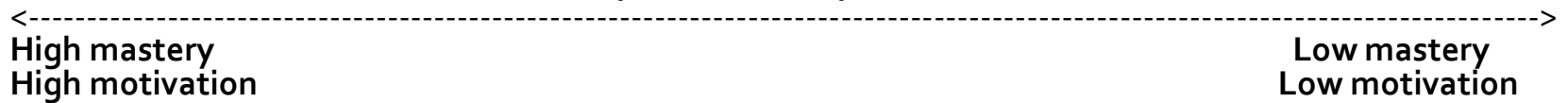
Mastery

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Understanding the relationship between mastery and motivation

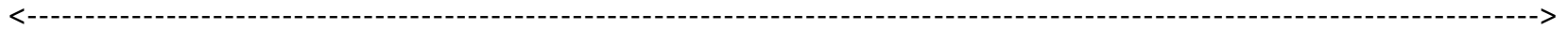
To begin your understanding of the relationship between mastery and motivation, I will first clarify that mastery and motivation are directly linked, and therefore as mastery increases, motivation follows suit, and decreases in mastery tend to have a deleterious effect on motivation. To help solidify this understanding for you, I have included the following Mastery/Motivation Spectrum, and the examples below.

Mastery/Motivation Spectrum



Examples

Mastery/Motivation Spectrum



High mastery
High motivation

Low mastery
Low motivation

Performing a task that you know well

Knowing exactly how to do something

Feeling intimidated by a task

Feeling unclear about the
steps to take when
performing an activity

Identifying your current level of mastery

Once you have been presented with some examples of high and low mastery, and are clear about the role mastery plays in motivation, you will be ready to identify your current level of mastery. To do this, I am presenting you with the following questions.

1. How frequently do you feel as if you know exactly what you are supposed to do?
 every day (3)
 once a week (2)
 rarely (1)
 never (0)
2. How frequently do you feel as if you perform tasks well?
 every day (3)
 once a week (2)
 rarely (1)
 never (0)
3. How frequently do you feel confident in what you do?
 every day (3)
 once a week (2)
 rarely (1)
 never (0)
4. How frequently do you feel as though you could teach others what you do?
 every day (3)
 once a week (2)
 rarely (1)
 never (0)

Scoring Guide:

Very high mastery

Moderately high mastery

Moderately low mastery

Very low mastery

MASTERY



- To score the above questionnaire, I will total the numbers that correspond to each answer response. Once these numbers are tallied, the total can then be matched to the scoring guide to give you a gauge of your level of mastery. Please understand that mastery exists on a spectrum, and no amount of mastery is too low or too high. The above questionnaire is therefore, only a guide, from which desired changes in mastery can be made.