



The Bathroom Sensation That's Sweeping the Nation

Rise and shine, Cougars! There's going to be a lot of tests coming up, and you're probably going to start feeling less and less motivated to do things you don't want to...so this edition of the Potty Mouth is all about motivation! Good luck on your tests, Cougars, and stay strong!

How Do You Get Motivated?

Psychologists throughout history have considered what it means to have "motivation", including theories based off Charles Darwin's thinking, so here are some different ways to think about your motivation.

- Some of your motivation is based on our instincts – like seeking out food to eat, because our instincts drive us to do so.
- Our need to eat could also be traced to a need to reduce our drive. When we're hungry, we want to reduce our hunger so we can focus on other things, and so on.
- We may also be pushed and pulled to behave because of positive or negative stimuli, or incentives – like good or bad grades, pleasure and pain, and so on.
- Some of our actions might increase our drive rather than reduce it. We might aim for an increase in arousal (our interest in one thing or another) rather than a decrease, like when we seek out thrilling experiences.
- Maslow theorized about a hierarchy of needs that consists of 6 tiers, beginning with our most basic needs and ending at self-actualization and self-transcendence.

Motivation: Internal vs External

Research has shown that intrinsic motivation tends to keep us going for longer and rewards us more than extrinsic motivation. Intrinsic motivation stems from our own interest in doing something entirely unrelated to what others want for us. Extrinsic motivation stems from others' interest in our achievement.

For example, when your family wants you to get good grades, you'll probably be less interested in getting high grades over time, because it's not something *you* want.

When you choose your goals, look at what you're interested in. Are you interested in understanding math better? Focus your goal setting on what you want the most, rather than what the people around you want.

However, it's important to remember that, at some point in our lives, we'll have to do things we really don't want to. Intrinsic goals are the best for long-term goals, like what college you want to get into, while extrinsic goals are best for short-term goals, like getting a good score on that one test you've been worrying about so you can please your parents.

Upcoming Events

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12	Saturday 4/13
Lunch LinkUP @ Room 212 (both lunches) SAC Meeting @ HELP Center (5:30pm) Girls Varsity Golf Terror Invite @ Patty Jewett (10am) Varsity Baseball v Harrison @ Home (4pm) Boys JV & Varsity Volleyball v Fountain Fort-Carson @ Home (4pm)	Varsity Baseball v Harrison @ Harrison (4pm) Girls JV & Varsity Tennis v Mesa Ridge @ Home (4pm) Girls JV & Varsity Soccer v Vista Ridge @ Home (5pm)	Girls JV & Varsity Golf v Mesa Ridge @ Cherokee Ridge (3pm) Boys Swim & Dive v Widefield @ Home (4pm) Girls C-Team Soccer v Cheyenne Mountain @ Cheyenne Mountain (4:30pm) Boys JV & Varsity Volleyball v Cheyenne Mountain @ Cheyenne Mountain (4:30pm)	Academic Council (11:40pm) Girls JV & Varsity Tennis v Harrison @ Harrison (4pm) Girls JV & Varsity Soccer v Elizabeth @ Home (5pm)	Varsity Baseball Tournament @ Fountain Fort Carson High (9am) Track & Field Varsity Pomona Invitational @ Jeffco Stadium (3pm) Girls C-Team Soccer v Widefield @ Home (7pm)	Boys Varsity Volleyball Tournament @ Fountain Fort Carson (TBD) Girls Varsity Tennis Tri @ Cheyenne Mountain (9am) Track & Field Varsity Pomona Invite @ Jeffco Stadium (9am) Track & Field Varsity Petrelli and Hunt Invite @ Garry Barry Stadium (10am) Varsity Baseball Tournament @ Fountain Fort Carson (1pm or 3pm)

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