



CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE

चन्द्रकान्ति रामावती देवी आर्य महिला पी.जी. कॉलेज

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

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Address: New Colony, Dewan Bazar Gorakhpur -273001

B.Ed. Department Semester -1

Lesson Plan Course Code - EDUBED 101

Dr. Sarika Pandey

Title: - Understanding Learning and Motivation

Time:- 40 minutes

Objectives:-

- Define key concepts in Educational Psychology
- Explain the role of motivation in learning
- Identify strategies to enhance motivation and engagement

Materials:-

- Whiteboard and markers
- Educational Psychology handout
- Interactive activities (optional)

Lesson Plan:-

Minutes 1-5: Introduction

Introduce the field of Educational Psychology and its importance

Ask students what they think influences learning and motivation

Minutes 6-15: Key Concepts

Discuss key concepts: learning, motivation, cognition, behaviorism, constructivism

Use the handout to provide definitions and examples



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Highlight the role of motivation in learning

Minutes 16-25:- Theories of Motivation

Present theories of motivation: Maslow's Hierarchy, Self-Determination Theory, Goal-Setting Theory

Use examples and case studies to illustrate each theory

Minutes 26-30: Strategies for Enhancing Motivation

Discuss strategies: setting goals, providing feedback, promoting autonomy, using incentives

Ask students to brainstorm additional strategies

Minutes 31-35: Interactive Activity

Option 1: "Motivation Scenarios" - students discuss how to apply strategies in real-life scenarios

Option 2: "Learning Style Reflection" - students reflect on their own learning style and motivation

Minutes 36-40: Conclusion

Summarize key points

Ask students to reflect on how they can apply concepts to their own learning

Provide time for questions and discussion

Assessment:-

Observe student participation during activities.

Collect handouts with notes and examples.

Assign a short reflection paper or quiz for next class.

Feel free to adjust the time allocations or activities to suit your teaching style and student needs.