

MOTIVATION

Why? Luna lens:

Self-actualization (Maslow)

Related to anti-bias work

Teach theories, actions shift

Within field of Social Psychology

Internal & External

DEFINE & DISCUSS

SELF-ESTEEM

SELF-CONFIDENCE

SELF-REGULATION

SELF-WORTH

SELF-AWARENESS

SELF-ACTUALIZATION

SELF-DETERMINATION

SELF-RELIANCE

SELF-EFFICACY

SELF-REFLECTION

SELF-CONTROL

SELF-IDENTITY

SELF-CONSCIOUSNESS

SELF-ASSURANCE

SELF-RESPECT

MOTIVATION THEORIES & FRAMEWORKS (partial)

Attribution Theory

Locus of Control

Ex. Dweck

Achievement Theory

Self-efficacy

Ex. Bandura

Flow Theory

Autotelic

Ex. Csikszentmihalyi



Choice imposes responsibility for choice-related actions and enhances the feeling that the action is “mine”.

—deCharms



“When a behavior is self-determined, the regulatory process is choice, but when it is controlled, the regulatory process is compliance (or defiance)”

Deci's main point

SELF-DETERMINATION THEORY

Ryan, Deci, Reeves, DeCharms, Langer

Basic Needs

Competence

Relatedness

Autonomy

Locus of causality

Internal

External

Control & Choice

What Is Choice

Choice v. Structure

Origins & Pawns

Mindless v. Mindful

Fake v. meaningful choices



OUTCOMES OF TEACHER SUPPORTED AUTONOMY

Emotional

Engagement

Creativity

Intrinsic Motivation

Psychological wellbeing

Conceptual understanding

Academic achievement

Persistence

Brainstorm



Teacher Support of Autonomy

WHAT THE RESEARCH SAYS...

(Reeve & Jang, 2006)

Autonomy Supportive

- Time listening
- Time student talking
- Time to work in own way
- Encouragements
- Hints
- Responsive to student-generated questions
- Praise as informational feedback
- Perspective-taking (empathy)

Controlling

- Teacher time holding/ monopolizing materials
- Exhibiting solutions, answers
- Uttering solutions, answers
- Uttering directives, commands
- Making should/ought statements
- Asking controlling questions

Empowerment Brain Dance

A scenic view of a coastline. The foreground shows a steep, rocky cliffside with some sparse vegetation and a tree trunk on the right. The middle ground features a sandy beach curving along the shore, with waves breaking onto it. Several large, dark rock formations are scattered in the water. The background shows a clear blue sky and distant hills.

Borrowed from Peggy Hackney