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

Achievement Theory

Flow Theory

Locus of Control

Self-efficacy

Autotelic

Ex. Dweck

Ex. Bandura

Ex. Csikszentmihalyhi



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

FOCUS

SELF-DETERMINATION THEORY

Ryan, Deci, Reeves, DeCharms, Langer

Basic Needs

Locus of causality

Control & Choice

Competence

Internal

What Is Choice

Relatedness

External

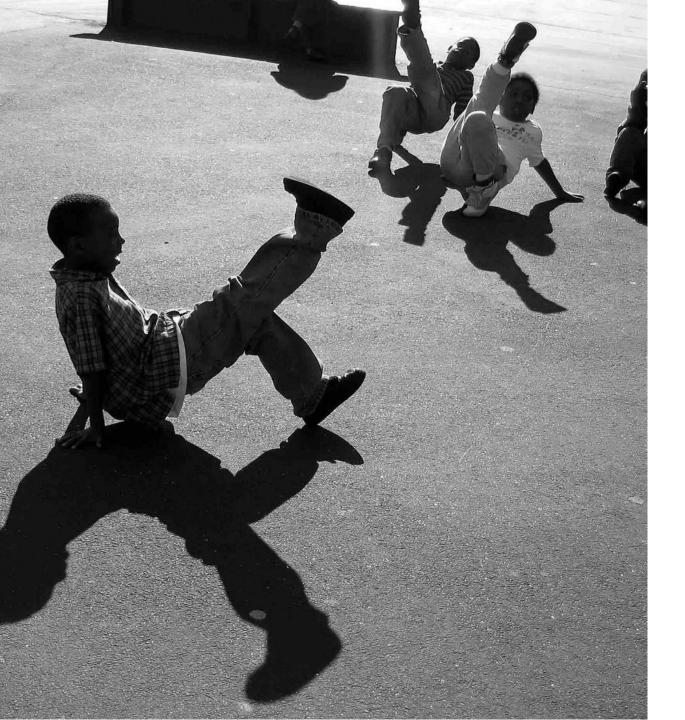
Choice v. Structure

Autonomy

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



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

