

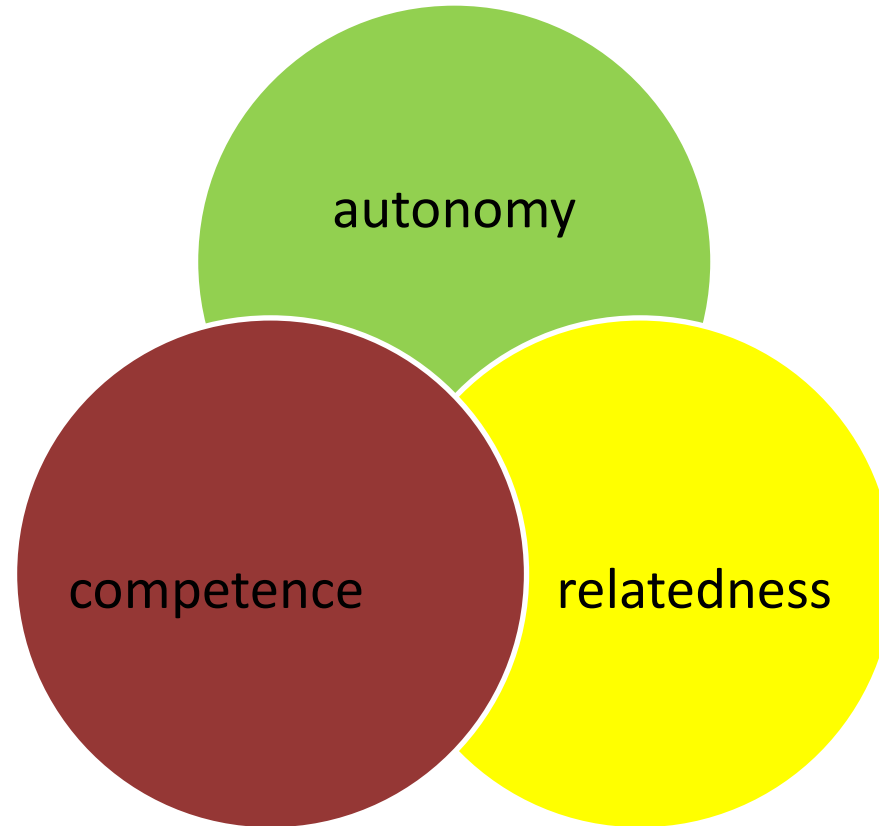
# self-development

26th Feb 2018

# self-determination theory

Deci and Ryan

<http://selfdeterminationtheory.org/>



# motivation

*Non self-determined*

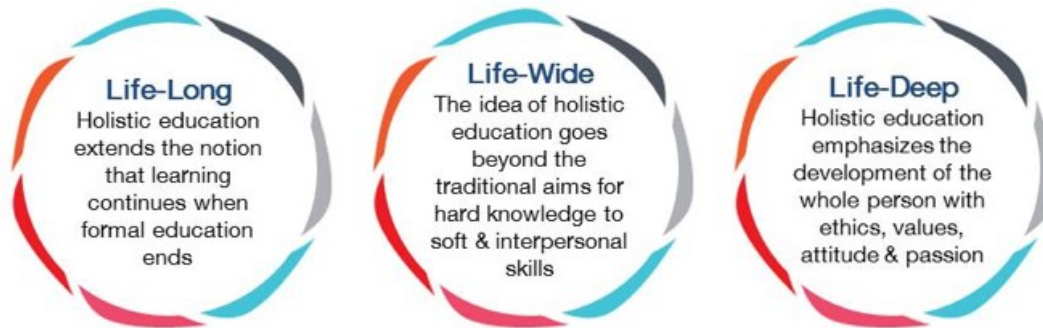
*Self-determined*

	<b>Amotivation</b>	<b>Extrinsic Motivation</b>			<b>Intrinsic Motivation</b>	
Regulatory style:	<b>Non-Regulation</b>	<b>External Regulation</b>	<b>Introjected Regulation</b>	<b>Identified Regulation</b>	<b>Integrated Regulation</b>	<b>Intrinsic Regulation</b>
Source of motivation:	Impersonal	External	Somewhat external	Somewhat internal	Internal	Internal
Motivation regulators:	No intention Incompetence Lack of control	Compliance External rewards or punishments	Ego-involvement Approval from others	Valuing an activity Endorsement of goals	Congruence Synthesis with self	Interest Enjoyment Inherent satisfaction

**The Self-Determination Continuum**

poster session

# life-long, life-deep, life-wide LEARNING



<http://agile.taylors.edu.my/thesa/about-thesa/>

# life-long, life-deep, life-wide LEARNING



<http://www.leyladrivingschool.com.au/the-solution/>