

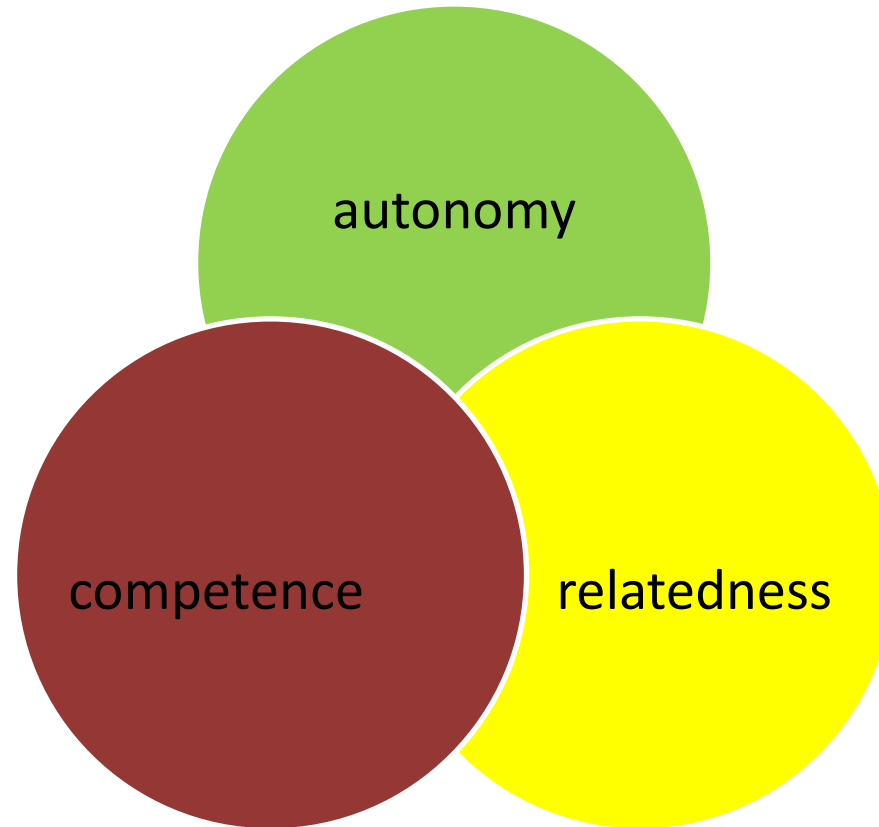
self-development

26th Feb 2018

self-determination theory

Deci and Ryan

<http://selfdeterminationtheory.org/>



motivation

Non self-determined

Self-determined

	Amotivation	Extrinsic Motivation			Intrinsic Motivation	
Regulatory style:	Non-Regulation	External Regulation	Introjected Regulation	Identified Regulation	Integrated Regulation	Intrinsic Regulation
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/>

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