



## MOTIVATION AND ENGAGEMENT RESOURCES

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### Self Determination Theory:

- [Self-Determination Theory: How It Explains Motivation \(verywellmind.com\)](https://www.verywellmind.com)
- [Self-Determination Theory and Online Education: A Primer - Ecampus Course Development and Training \(oregonstate.edu\)](https://www.oregonstate.edu)
- [The puzzle of motivation | Dan Pink](#)

### Procrastination

- [Why You Procrastinate \(It Has Nothing to Do With Self-Control\) - The New York Times \(nytimes.com\)](https://www.nytimes.com)
- [Another Theory of Procrastination - SMARTS \(smarts-ef.org\)](https://www.smarts-ef.org)
- [Inside the mind of a master procrastinator | Tim Urban - YouTube](#)
- [Lockdown Productivity: Spaceship You - YouTube](#)

### Goal Setting

- [The 2 Most Dangerous Goals a Student Can Have - SMARTS \(smarts-ef.org\)](https://www.smarts-ef.org)
- [The power of believing that you can improve | Carol Dweck - YouTube](#)
- [Ready, Willing, and Able: A Developmental Approach to College Access and Success: Savitz-Romer, Mandy, Bouffard, Suzanne M.](#)
- [Why you should define your fears instead of your goals | Tim Ferriss - YouTube](#)
- [Fear and Goal Setting with Teenagers - SMARTS \(smarts-ef.org\)](https://www.smarts-ef.org)