



SELF-DETERMINATION HANDOUT

Think of a student you know who and a task they struggle to find the motivation for. Fill out the worksheet below to understand what may be getting in the way.

Autonomy

Competence

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Now think of something this student is motivated to do. What factors help keep this student so engaged?

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What differences do you see? Which factors do you think have the highest impact on this student? Do you see any strategies that could help?