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STEPS TO SUPPORT MOTIVATION

Based on Self-Determination Theory



1

USE AN INVITATIONAL APPROACH

Frame tasks as suggestions and guidance rather than commands, helping learners feel a sense of ownership over how they engage.

2

TAKE STUDENTS' PERSPECTIVES SERIOUSLY

Seek and respond to how learners experience the task, building trust and allowing them to feel heard and valued.



3

EXPLAIN WHY LEARNING MATTERS

Provide clear, meaningful reasons for why tasks matter, supporting learners to internalise value beyond simply completing work.



4

BUILD CONNECTION AND TRUST

Show consistent warmth, interest, and respect so learners feel safe, supported, and more willing to engage.



5

SUPPORT PROGRESS, NOT JUST OUTCOMES

Provide appropriately challenging tasks and give feedback that helps learners see how to improve and move forward.

