Self-Determination Theory

Three part motivational theory (Bannier, 2010; Deci & Ryan, 2008; Ryan & Deci, 2000a; 2000b) that supports learner motivation by making it more personal. The three parts are autonomy, competence, & relatedness. Below are suggestions from the research for using this theory in your online course design.

Autonomy

Include:

- Learner Choice
- Meaningful rationale for mundane tasks
- Opportunities for learners to personalize the experience

Research: Bouchard, 2009; Deci & Ryan, 2008; Jacobi, 2018; Lee, Pate, & Cozart, 2016; Ryan & Deci, 2000a; 2000b

Competence

Include:

- Scaffolding (Break assignment into manageable chunks)
  - Activities
  - Grading
- Balance flexibility and requirements
- Straightforward instructional routines
- Well-balanced time requirements for assignment

Research: Jacobi, 2018; Hartnett, St. George, & Dron, 2011

Relatedness

Include:

- Frequent opportunities for meaningful learner interaction
- Encouragement
- Timely feedback

Research: Jacobi, 2018; Jin, 2017; Lim & Kim, 2002-2003

Now, Roll the Dice!

Check out the Indiana University Keep Teaching Simulation to generate a scenario and practice applying the theory using the different simulations.
References


