

Learners' motivation, how can we influence it?

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Within education, motivation is important as it is related to higher levels of performance, well-being, and perseverance, as well as to lower levels of school drop-out. Still, many teachers and teacher candidates struggle with motivating their pupils for school and/or specific subjects. The question lying underneath this struggle is: "How can educators influence the motivation of learners?". Together with colleagues from the Netherlands and Norway, I have taken up this question in my research.

Two motivation theories are central to the work I will present: Goal Theory and Self-determination Theory. Based on the first theory, the question is investigated how goals set in the classroom influence the goals pupils set for themselves. Our results show that task and time aspects are influential dimensions of the classroom for predicting goals relating to improving one's own results. Through the lens of Self-determination Theory, a method aimed at improving pupils' motivation for their school subjects is studied. We observed a shift towards more extrinsic motivation and possible causes for this findings will be discussed.

During and after the presentation, colleagues and students are invited to share their questions, thoughts, and ideas about motivation in general and regarding the motivation of learners in particular.

