Behaviour	Nonself-Determined					Self-Determined
Type of Motivation	Amotivation	<b>Extrinsic Motivation</b>				*Intrinsic Motivation* Primary Driver of Self-Regulated Learning!
	Lack of intention in initiating any form of behavior.  E.g., Identified Regulation: Engaging in academic activities when the behavior is perceived to be important  Introjected Regulation: Partially internalized external expectations and are internally controlled by pride or guilt  External Regulation: Behaviours driven by rewards or punishments					Engagement in activities out of interest and enjoyment.
Type of Regulation	Non-Regulation	External Regulation	Introjected Regulation	Identified Regulation	Integrated Regulation	Intrinsic Regulation
Locus of Causality	Impersonal	External	Somewhat External	Somewhat Internal	Internal	Internal

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