

Behaviour

Nonself-Determined

Self-Determined

Type of Motivation

Amotivation

Extrinsic Motivation

Intrinsic Motivation
Primary Driver of Self-Regulated Learning!

← straddles between the two extremes →

Lack of intention in initiating any form of behavior.

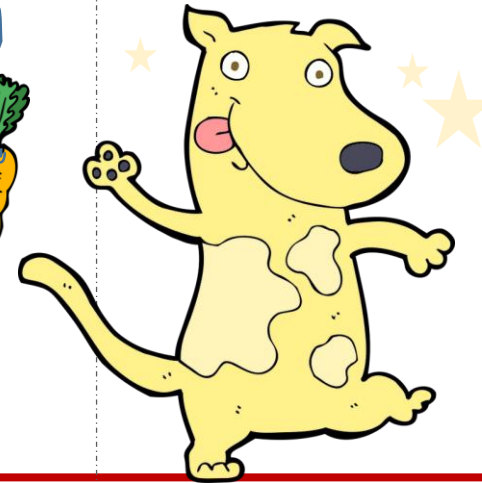
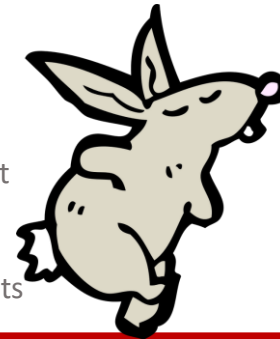
Engagement in activities for all other reasons besides the enjoyment of the activity itself.

Engagement in activities out of interest and enjoyment.

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



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