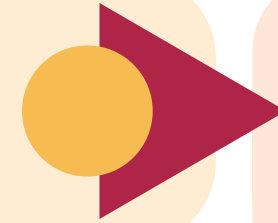


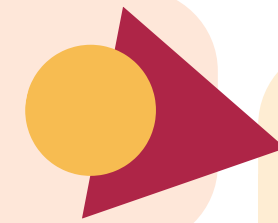
Three Major Theories in Motivation Literature

a) Self-Determination Theory



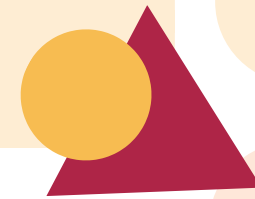
focuses on intrinsic motivation as the primary driver of self-regulated learning (Deci & Ryan, 2008).

b) Achievement Goal Theory



states that students set either mastery or performance goals relative to others in doing tasks (Nicholls, 1989). Mastery goals lead to more adaptive motivational outcomes in students than the latter.

c) Implicit Theories of Intelligence



shapes students' goal adoption (Dweck, 1999). Students who believe that growth mindset experience better learning outcomes than those who believe in having a fixed mindset.

Deci, E. L., & Ryan, R. M. (2008). Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian Psychology/Psychologie canadienne*, 49(3), 182-185.

Dweck, C. S. (1999). *Self-theories: Their role in motivation, personality, and development*. Philadelphia: Psychology Press.

Nicholls, J. G. (1989). *The competitive ethos and democratic education*. Cambridge, MA: Harvard University Press.