

WHY WE DO WHAT WE DO



Understanding Self-Motivation

EDWARD L. DECI

WITH RICHARD FLASTE

Why We Do What We Do Understanding Self Motivation

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Why We Do What We Do Understanding Self Motivation:

Why We Do what We Do Edward L. Deci, 1996 You reward your children for doing their homework they will usually respond by getting it done But is this the most effective method of motivation No says psychologist Edward L Deci who challenges traditional thinking and shows that this method actually works against performance The best way to motivate people at school at work or at home is to support their sense of autonomy Explaining the reasons why a task is important and then allowing as much personal freedom as possible in carrying out the task will stimulate interest and commitment and is a much more effective approach than the standard system of reward and punishment We are all inherently interested in the world argues Deci so why not nurture that interest in each other Instead of asking How can I motivate people we should be asking How can I create the conditions within which people will motivate themselves Publisher information

Why We Do what We Do Edward L. Deci, Richard Flaste, 1995 Edward Deci one of the country's outstanding social psychologists writing with former New York Times science and health editor Richard Flaste offers some bad news and some good news Rewards and punishments do not make workers perform more effectively or students learn better or families function more smoothly that's the bad news Indeed it is the deadening of interest and commitment from too much control from overreliance on rewards and threats that keeps people from peak performance But the good news is that people have an innate energy interest and excitement about the world that can be encouraged and when they find greater satisfaction in what they do they are more effective Deci shows us how people work more efficiently learn more intelligently and treat each other better when their sense of autonomy is encouraged Give students the reasons why they need to learn something boring bring workers into the decision process whenever possible avoid the use of threats and amazing results will ensue because people are inherently interested in the world and they perform optimally when their autonomy is supported While this good news is a call for autonomy it is not a call for anarchy People need limits and structure but the way these are provided makes all the difference Reading this book will revolutionize the way we think about motivation and will give readers insight into what makes us tick

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Breathe Easy Brynn Sauer, 2020-10-07 The New Testament portrays the Christian life as one of resilient joy overwhelming grace and abundant love Yet if we look around many Christians are riddled with constant fear heavy burdens and excessive self criticism What happened Breathe Easy intertwines personal stories scientific research and biblical evidence behind resting in who God is and what He has done Supported by Brynn Sauer's own journey this book will show you that God desires for you to let go of the worry stress and pressure and start breathing easy

[The Reflection Guide to Better Conversations](#) Jim Knight, 2015-10-29 Every worthwhile book has a deeply held belief and for Jim Knight's Better Conversations and this worktext The Reflection Guide to Better Conversations here it is Effective communication is an essential skill for a fulfilled life and we can't teach it to students if we don't know how to do it ourselves Instructional coaches administrators teachers

really everyone the royal we is you In this Reflection Guide Jim delivers a framework for improving professional dialogue that is so clearly signposted you might as well call it a day planner Here's how The Reflection Guide to Better Conversations works In Part One you and your peers engage in surveys take stock and record video in order to get real about your current beliefs and abilities How do you measure up when it comes to empathy asking better questions Finding common ground In Part Two learn about the 10 habits of being an effective communicator and put them into practice Are your conversations focused on others 50 percent of the time What things typically distract you from being fully present In Better Conversations Jim Knight reveals why true dialogue improves professional performance job satisfaction and classroom instruction Together with this Reflection Guide the two books provide a brilliant scaffolded professional learning experience on a topic central to learning central to life This is the district wide solution you need are you ready

Autonomy-Supportive Parenting Emily Edlynn, 2023-09-05 As parents we want our children to take responsibility for their schoolwork their chores and their choices We want them to grow into independent adults but when we see them struggling we sometimes have a tendency to step in and problem solve telling them exactly what to do or even doing things for them ourselves The problem is the more controlling we are with our children the more out of control they feel When our children feel out of control problems big and small follow from more tantrums in thwarted toddlers to a higher risk of drug and alcohol use in adolescence So how do we support our children's autonomy while maintaining boundaries and not losing our minds in the process From clinical psychologist Emily Edlynn PhD comes a flexible parenting framework that can apply to every family and every parental relationship With Autonomy Supportive Parenting you can build trust in your child and trust in yourself

Applied Psychology E. Scott Geller, 2016-02-24 Integrating humanism and behaviorism this volume presents evidence based techniques for improving health safety and well being in all walks of life

A Prison Called School Maure Ann Metzger, 2015-10-08 Why are our educational institutions and practices such a poor fit for so many students A Prison Called School addresses the complex issues that place many students at a disadvantage as they try to survive yet another hurdle in life school Although some students are able to navigate and succeed in the current system other students struggle to survive a system that is unable to meet their needs For those students school can feel like a twelve year prison sentence Students who cannot fit the outdated one size fits all model are further penalized by a system that blames the struggling student rather than holding the institution accountable For students to thrive in school the system not the students must change in deep and substantial ways A Prison Called School is a powerful catalyst for creating the empowering engaging and effective learning environments that all students need to succeed in school and life

The Best Place to Work Ron Friedman, PhD, 2014-12-02 For readers of Malcolm Gladwell Daniel Pink and Freakonomics comes a captivating and surprising journey through the science of workplace excellence Why do successful companies reward failure What can casinos teach us about building a happy workplace How do you design an office that enhances both attention to detail and creativity In The Best

Place to Work award winning psychologist Ron Friedman Ph D uses the latest research from the fields of motivation creativity behavioral economics neuroscience and management to reveal what really makes us successful at work Combining powerful stories with cutting edge findings Friedman shows leaders at every level how they can use scientifically proven techniques to promote smarter thinking greater innovation and stronger performance Among the many surprising insights Friedman explains how learning to think like a hostage negotiator can help you diffuse a workplace argument why placing a fish bowl near your desk can elevate your thinking and how incorporating strategic distractions into your schedule can help you reach smarter decisions Along the way the book introduces the inventor who created the cubicle the president who brought down the world s most dangerous criminal and the teenager who single handedly transformed professional tennis vivid stories that offer unexpected revelations on achieving workplace excellence Brimming with counterintuitive insights and actionable recommendations The Best Place to Work offers employees and executives alike game changing advice for working smarter and turning any organization regardless of its size budgets or ambitions into an extraordinary workplace

Factors Influencing and Predicting Motivation to Learn Colleen Alexis Meigher,2001 Performance Improvement Quarterly ,2009 **Mathematics Miseducation** Derek Stolp,2005-04-07 Author and veteran teacher Derek Stolp has come to the conclusion that learning mathematics is of no real consequence for the vast majority of our children This stance flies in the face of the conventional wisdom held among political leaders business people teachers and parents that mathematics is an essential subject for all children to study well into their high school years In *Mathematics Miseducation* Stolp argues that mathematics as currently taught does not justify inclusion in the curriculum and he suggests practical changes that can be implemented within a traditional school environment to resuscitate mathematics education In this book the author demonstrates that our beliefs about what children need and what motivates them to learn promote practices that are counterproductive and that these practices ultimately corrupt students own healthy motivations Stolp contends that there is too much emphasis upon academics in our schools and that other important dimensions of education such as the social emotional and moral development of our children are ignored Includes Progressive and practical alternatives to the traditional methods of teaching Research and examples citing ways of bringing the discipline to life In seamlessly weaving theory and practice Derek Stolp provides a narrative that is accessible to any adult concerned about what our children are learning in mathematics **English Leadership Quarterly** ,2001 **The Child is Father of the Man** John Abbott,1999

The Relationships Between Teachers' Efficacy Beliefs and Reform-oriented Mathematics Teaching Karl Frederick Wheatley,1997 **Writing with Passion** Carin R. Andron,2001 Learning Disabilities and Challenging Behaviors Nancy Mather,Sam Goldstein,2001 Mather and Goldstein identify ten building blocks important to learning success divided into three levels the foundational level the symbolic level and the conceptual level **Reflect to Learn** Kimberlee Ann Douillard,1999 **"Pull!--don't Push"** Eric J. Burtson,1997 **Encounter** ,2008 **Listen at My Picture**

Michael Stephen Rowan, 2002

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