OCTOBER NEWSLETTER

Self Determination Theory and Student Engagement

HOW TO INCREASE STUDENT ENGAGEMENT

Self Determination Theory (SDT) is a theory of what motivates us. According to SDT we have 3 basic psychological needs:

1. Autonomy - choice over what we do
2. Competence - a skill level that is appropriate for the task
3. Belonging - feeling like we are connected to others and can see the relevance of what we are doing.

Teachers can support students self determination by providing:

- Support - recognising and fostering students needs and interests. One way to do this is through identifying students character strengths.
- Structure- explaining expectations whilst still having flexibility and
- Involvement - providing time, resources and warmth towards students.

5 Ways To Enhance Student Engagement With Character Strengths

1. Choose a strength to help you learn this new maths strategy
2. Write about how your top strength is helpful for you at school
3. Discuss with your partner a strength you would like to develop - set a SMART goal
4. Listen to this story then discuss what strengths were evident in it
5. What strengths help people cope with natural disasters?

START 2018 WITH STAFF WELLBEING

Start your year by investing in your most valued asset - your staff. Our wellbeing package Strong Minds not only enhances individual staff wellbeing but also build relationships amongst staff. Book your 1.5 hour NESA Approved staff workshop now.

Strong Minds follows the GGS Applied Model for Positive Education Framework - Learn It, Live It, Teach It, Embed It (Norrish, Williams, O'Connor & Robinson, 2013). Firstly enhancing staff wellbeing, then focusing on student wellbeing, and finally ingraining this within the school culture.

BOOK NOW!
or request an INVOICE or CONFERENCE CALL

Learn More >>

Warmest wishes,
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