Would you like to stimulate intrinsic motivation of your students for learning? Use the following tips derived from Self-determination Theory:\textsuperscript{1,2,3}:

1. Understand and support the needs and wishes of the students as much as possible.
2. Provide optimal challenges, neither too easy, nor too difficult.
4. Have students’ motivation guide their behavior, avoid using rewards or incentives.
5. Provide guidance in a structured manner.
6. Give positive and constructive feedback.
7. Provide emotional support.
8. Encourage students to actively participate in teaching-learning sessions.
9. Acknowledge students’ negative feelings related to learning, if any.
10. Transfer the responsibility for learning to the students.
11. Provide a rationale for and explain the value in activities that students find uninteresting.
12. Instruct with suggestive (e.g. ‘can, may, could’) instead of controlling (e.g. ‘must, need, should’) words.

For a description of these tips, we refer you to the article cited as reference number 1.

References: