

# What Happens When Your Child Has a Highly Autonomy-Supportive Teacher?

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Contemporary SDT underestimates the benefits of autonomy-supportive teaching. I explain why. In sharing our recent findings, I outline what happens when your child is lucky enough to have a professionally-trained, highly autonomy-supportive teacher. Your child will experience high need satisfaction and low need frustration to catalyze a wide range of important educational and personal benefits (e.g., engagement, inner compass). Beyond that, your child's classroom culture will not be like the classroom next door (i.e., hierarchical, defensive, conflictual). Instead, it will be interpersonally supportive and caring. In addition, the teacher her/himself will benefit deeply (e.g., teaching efficacy, job satisfaction). SDT research has come a long way in understanding the nature and benefits of autonomy-supportive teaching, so this talk provides a 2023 conceptualization of what highly autonomy-supportive teaching looks like and how its expertise develops.