

# Teachers' Motivating Styles

All teachers face the instructional challenge to motivate their students to engage and benefit in class. No two teachers share identical styles. Even then, shared practices exist among autonomy-supportive teachers. First let's look at the two general motivating styles commonly used:

## I will monitor you

- More controlling
- "I'm your boss, I'm here to socialize and change you."
- Pressure students to think, feel, and behave in your way.
- Neglect students' inner motivations

## I will help you

- More supportive
- "I'm your ally, I'm here to support you and your strivings."
- Support students' need for autonomy
- Recognize students' inner motivations. Vitalize, nurture, develop, strengthen, and grow them.

Does it matter? Yes - **When teachers are helpful and supportive,**

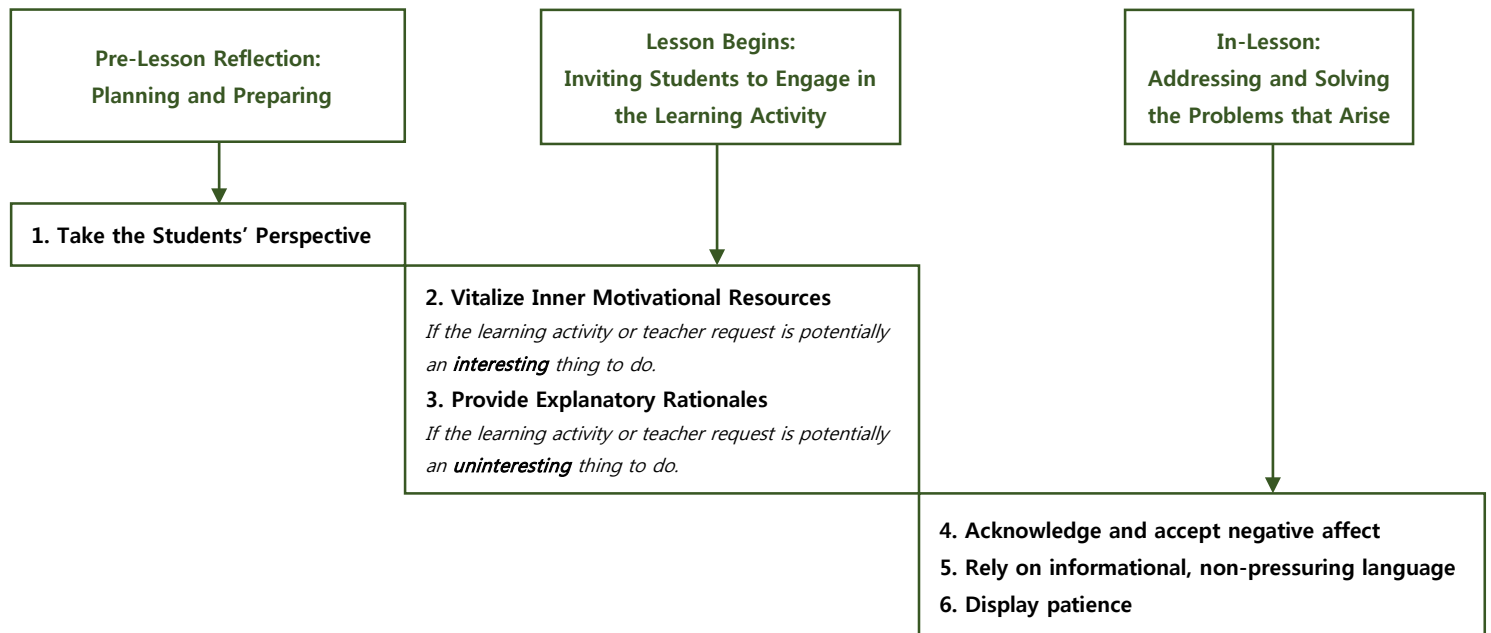
### Students show

- More intrinsic motivation
- Greater classroom engagement
- Higher-quality learning
- Preference for optimal challenges
- Better psychological and physical well-being

### Teachers show

- More vitality
- Greater teaching efficacy
- Higher job satisfaction
- Less emotional and physical exhaustion
- Higher satisfaction

## How to be autonomy-supportive? 6 Steps:



For details on these 6 practices, read the individual write-ups on them on the Resources page.

Source: Reeve, J. (2016). *Autonomy-supportive teaching: What it is, how to do it*. W. C. Liu, J. C. K. Wang, & R. M. Ryan (Eds.). Springer Science+Business Media: Singapore. Written by C. M. Q. Sim, 2016.