# Inspiring Motivation in eLearning—Self-determination Theory in Practice

Kristianna Fallows

Supervisor, Learning Design

JetBlue University

# Self-determination Theory in eLearning

| Autonomy | Competence | Relatedness |
|---|---|---|
| ☐ Choose your own adventure | ☐ Scaffolding | ☐ Relate learning to job |
| ☐ Free play | ☐ Feedback | ☐ "We" |
| ☐ Options for additional learning | ☐ Retakes | ☐ Avatars |
| ☐ Re-accessing modules | ☐ Appropriate challenges | ☐ Variables |
| ☐ "Smart" pre-test | ☐ Watch, Try, Do | ☐ Provide personal help/resources |
| ☐ Surveys | ☐ Videos | ☐ Social media |
| ☐ | ☐ Post eLearning OJT | ☐ Branching by job function |
| ☐ | ☐ Virtual reality | ☐ |
| ☐ | ☐ Game-based simulation | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
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