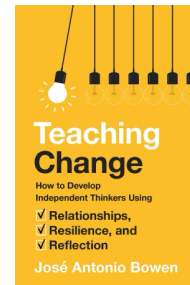


Better Assignments Template

José Antonio Bowen



The Science of Motivation & Effort

INTRINSIC MOTIVATION =

- | | | | |
|--|-------------------|---------------|-----------------|
| • Salience Detection | Engagement | RELATIONSHIPS | I CARE |
| • Relevant & Worthwhile | | | |
| • Purpose & Meaning | | | |
| • Attention Control | Optimism | RESILIENCE | I CAN |
| • Competency & Mastery | | | |
| • Optimal Challenge = Pleasantly Frustrating | | | |
| • Variety | | | |
| • Autonomy | Agency | REFLECTION | I MATTER |
| • Choice, Self-Determination & Growth | | | |
| • Feedback & Supportive Communication | | | |

Better & More Motivating Assignments Combine All 3

I Care = The PURPOSE is relevant to me

- WHY:** What skills or knowledge will I gain?
How will I be able to use this?
Are the examples relevant?
- ENGAGEMENT:** Humans pay more attention to uncertainty: Normally, usually...
How could you...? What would be required for...?
- ENTRY POINT:** Start with what matters to students

I Can = The TASK is clear to me

- WHAT/ CHECKLIST:** Is there clarity about what to do?
What are the parts?
What needs to be submitted?
- HOW:** Is there a recommended process?
Is the process intentionally unclear?
- WHEN/SPACING:** Can I do this in one sitting?
- WHERE:** Do I need the library? Should I work alone?

I MATTER = I believe in the CRITERIA and the value of discretionary effort

- RUBRIC:** Where should I aim? Do I know what's expected?
- AGENCY:** Find something interesting to you...
- PREDICTION:** What grade do you think you will get?
- FEEDBACK:** How will I know I am on the right track?
How are MY decisions altering the outcome?
- EXAMPLES:** What's good in these examples?
- REFLECTION:** How long did you study? How did you study?
How did your effort and technique affect your result/grade?

Examples at Transparency in Learning and Teaching (TILT)

<https://tilthighered.com/tiltexamplesandresources>

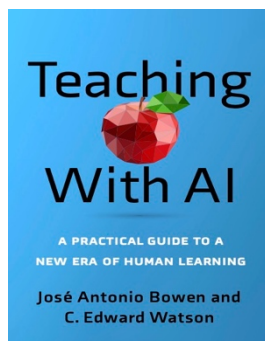
High Standards + High Care

Herzberg (1959) Two-Factor Motivation Theory; Bain (2004) What the Best College Teachers Do
Celia Ann Evans (2020) Expectation and Compassion

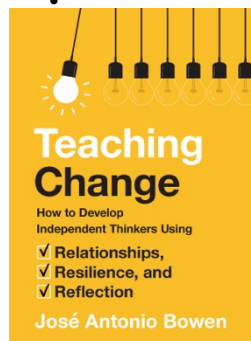
MORE RESOURCES at www.teachnaked.com (Under “Borrow”)

More prompts and links at <https://teachnaked.com/prompts/>

- Study Scaffolding Template
- Rubrics
- Syllabus Template
- Inclusive Teaching Resources
- Meaningful Conversations
- Class Values Template



+



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Teaching Naked: *How Removing Technology from your College Classroom will Improve Student Learning* (San Francisco: Jossey-Bass, 2012). AAC&U Ness Award 2013

Teaching Naked Techniques: *A Practical Guide to Designing Better Classes* with C. Edward Watson (San Francisco: Jossey-Bass, 2017).