

The readings

- Fowler 2014: What Maslow's hierarchy won't tell you about motivation. *Harvard Business Review*.
- Deci & Ryan 2008: Facilitating optimal motivation and psychological well-being across life's domains. *Canadian psychology*.
- Kasser 2014: Teaching about values and goals. *Teaching of psychology*.

Reading report instructions

Read all three articles.

Based on the articles, answer the following questions:

- Fowler (and Deci & Ryan) talk about the three psychological needs. Think about either your studies or your current workplace.
 - How well does this place satisfy your need for autonomy? What could be improved?
 - How well does this place satisfy your need for competence? What could be improved?
 - How well does this place satisfy your need for relatedness? What could be improved?
- Deci and Ryan talk about the motivation continuum (see especially Figure 1 on the last page, and the explanations in text)
 - Think about an example from your own life about an activity that is intrinsically motivated for you?
 - Think about an example from your own life about an activity that is integratedly motivated for you?
 - Think about an example from your own life about an activity that is introjectedly motivated for you?
 - Think about an example from your own life about an activity that is externally motivated for you?
- Kasser talks about the distinction between intrinsic and extrinsic goals.
 - What sources (e.g. friends, parents, media, teachers, etc) promote you to strive towards extrinsic goals in your life?
 - What sources (e.g. friends, parents, media, teachers, etc) promote you to strive towards intrinsic goals in your life?

Your reading report should thus answer these questions and be in total approximately 1 A4 page.

Please submit your reading report as one file to MyCourses before Friday 1st Feb at 13.00. Take a copy with you to the gathering.