# C2L3\_HO1: Key Terms Matching Activity

**Instruction:** Enter the letter of the of the correct definition from the column on the right next to the key word that you think best defines the term.

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| **Lette**r | **Key Word** |  | **Definitions** |
|  | **Amotivation** |  | 1. An umbrella theory that includes a number of sub-theories that attempt to explain why people act in ways that they do. |
|  | **External Regulation** | 1. An individual engages in an activity to attain a separable outcome (e.g., to receive an external item or activity of preference, to fit into a group, to master a skill or gain knowledge needed for later). |
|  | **Extrinsic Motivation** | 1. Demonstrating expected behaviors consistently, without prompting, affirmations, or recognition (Deci & Ryan, 1985). |
|  | **Internal Regulation** | 1. A complete lack of motivation for or value of the activity or knowledge in consideration, or perceived lack of competence with the activity. |
|  | **Intrinsic Motivation** | 1. The control an individual has over his or her behavior, and whether this control originates external or internal to the self. |
|  | **Motivation** | 1. Participating in an activity simply for the enjoyment of the activity itself. |
|  | **Regulation** | 1. The source of the antecedents and/or consequences that increase or maintain the frequency of the behavior is external to the individual. |
|  | **Self-Determination Theory** |  | 1. To be moved to do something (Ryan & Deci 2000). |