## **C2L3\_HO5 Activity 5:** Regulation Strategies

**Instructions:** Think of your classroom. Can you name one or more strategies that you would use to move students to the next step toward self regulation?

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| **Amotivation** | **Extrinsic Motivation**  *Activity is done in order to attain a separable outcome* | | | | **Intrinsic Motivation**  Outcome is inseparable from the activity. |
| **Not Regulated** | **EXTERNAL REGULATION** | | **INTERNAL REGULATION** | | |
| Noncompliance | Compliance | Approval from self or others | Self-endorsement of goals | Integration with values | Inherent interest or pleasure in activity |

Add your strategies, below.

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