

Deci's Theory

Vesting can also be labeled as the emotional drive to learn. Our human brain, by design and function, allows emotions to have significant influences over most of our life. Emotions are often found in widely acceptable motivational theories. Created by Edward L. Deci, the Self Determination Theory (SDT) contain three primary components:

1. **Emotions.** Positive feelings about *who* (those you work with or you, the teacher) and/or *what* (the relevance factor of the content) (give people reason to care). Some examples of this component include:
 - a. Making it personal (something dealing with the students' family, friends, neighborhood, property, or life)
 - b. Making it urgent (creating deadlines)
 - c. Making it fun (the rewards of either the process or the end point)
 - d. Placing more stakes in the outcome (very strong positive outcome vs detrimental outcomes)
 - e. Getting the learners to care about you too.
2. **Assets.** Competency, efficiency, beliefs, hope (building student assets is critical to establishing vesting). Some examples of this component include:
 - a. Having plenty of affirmations.
 - b. Tracking progress to see capacity for change.
 - c. Explaining how the brain changes in order to encourage others to try.
 - d. Telling stories of others who have succeeded.
 - e. Doing skill building in the specific skills needed for the task (writing, reading, planning, problem solving, critical thinking, etc.)
3. **Direction.** Autonomy, freedom, goals, choice (goal driven learning works for most; our energy needs a direction; for some it's freedom, for others, a clear goal). Some examples of this component:
 - a. Making sure students set goals and plan
 - b. Allowing students to choose from multiple options
 - c. Having students also establish a strong understanding of why they want to reach their goals and how their life will benefit from these goals.
 - d. Tracking the goals for continuous feedback. Using an accounting form that keeps a record of the progress and includes strategies to achieve the goals

Sources: see also <http://www.psych.rochester.edu/SDT/theory.html>

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