

MOT2: "TIPS FOR ENHANCING THE EXPERIENCE OF AUTONOMY, COMPETENCE, AND SOCIAL CONNECTEDNESS IN YOUR STUDIES"

(10 MIN.)

Condition / Basic Need	Tips (<i>adapted from Müller, 2007, p. 39, and Eggensperger</i>)
...How can you strengthen your sense of autonomy in your studies?	<ul style="list-style-type: none"> • Ask yourself questions such as: How is this topic related to my personal interests? To what extent is it relevant to what I intend to do in the future? (e.g., keep a continuous learning journal, writing for about 10 minutes before or after each class). • Whenever possible, select courses that align with your interests. • Contribute your own suggestions for in-depth topics or areas of emphasis during classes, when feasible. • Make use of opportunities to shape and organize the structure of your study program. • ...
...How can you strengthen your sense of competence in your studies?	<ul style="list-style-type: none"> • Actively use learning opportunities: participate in discussions and view them as feedback for your own understanding. • Reflect on why you were able to solve a particular task—or what you still need to ask or learn in order to solve it. • Create mind maps to connect individual pieces of information from one or several courses. • Work continuously (e.g., by completing practice exercises or problem sets) to experience your learning progress throughout the semester. • Explain course material to one another within study groups. • ...
...How can you strengthen your sense of social connectedness in your studies?	<ul style="list-style-type: none"> • Form study or discussion groups. • Use group work phases (e.g., presentation groups) to actively engage with classmates you may not yet know well. • Participate actively in group work sessions. • Make use of instructors' office hours to discuss problems or concerns. • Get involved in your department's student council or student association. • Take advantage of optional events such as lecture series or supplementary courses. • Read and discuss one another's term papers or essays. • ...

Can you think of any additional points?

MOT3: STUDYING WITH MOTIVATION

(5-10 MIN.)

Develop a plan outlining which strategies you intend to use in the future to keep yourself motivated in your studies.

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MOT1: HOW COULD YOU FOSTER THE FOLLOWING ASPECTS IN YOUR STUDIES?

(5-10 MIN.)

Experience of autonomy:

Social connectedness:

Experience of competence:
