

Autonomy-supportive teaching

All the Evidence-Based Benefits

Teacher Benefits from Giving Autonomy Support				Student Benefits from Receiving Autonomy Support						
Motivation		Skill	Relationship Satisfaction	Psychological Well-Being	Motivation	Engagement	Development	Learning	Performance	Psychological Well-Being
Psychological Need Satisfaction (Autonomy, Competence)	Intrinsic Goal to Develop Greater Teaching Skill	Teaching Efficacy for Instructional Strategies	Improved Relationships with Students	Job Satisfaction	Intrinsic Motivation	Engagement	Self-Esteem & Self-Worth	Conceptual Understanding	Grades	Psychological Well-Being
Autonomous Motivation for Teaching	Enhanced Passion for Teaching	Teaching Efficacy to Enhance Student Engagement		Increased Vitality from Teaching	Competence	More Positive Emotion, Less Negative Emotion	Creativity	Deep Processing	Task Performance	Biological Well-Being (Cortisol)
Less Controlled Motivation for Teaching		Student Rating of Instructor's Expertise		Decreased Emotional-Physical Exhaustion from Teaching	Autonomy		Preference for Optimal Challenge	Active Information Processing	Standardized Test Scores	School/Life Satisfaction
					Relatedness					Vitality
					Mastery Motivation & Perceived Control	Class Attendance	More Prosocial, Less Antisocial Behavior			
					Curiosity	Persistence		Self-Regulation Strategies		
					Internalized Values	School Retention vs. Dropping Out				

Be autonomy-supportive



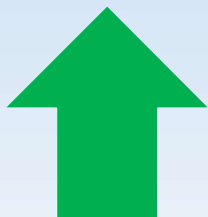
Autonomy supportive instructions



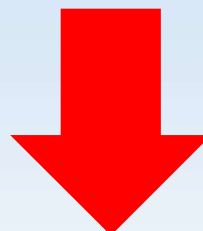
Autonomy-supportive feedback



Dealing with misbehavior / motivational challenges



Become more autonomy supportive



Become less controlling

Find ways to help students to engage and motivate for physical activity in and out of the school

PETALS project

Teacher name: _____