



# Speaker Series

**FALL 2015**

***Event is free and open  
to the college community***



**Monroe  
Community  
College**

STATE UNIVERSITY  
OF NEW YORK

## **Intrinsic and Extrinsic Motivation in School and at Work: Research and Applications Using Self- determination Theory**

**Friday, November 20, 2015**

**12:00-1:00 pm**

**Forum (3-130)**



**Richard M. Ryan, Ph.D.,**

is a clinical psychologist, researcher and theorist, with over 300 published articles, chapters and books in the areas of human motivation and psychological well-being.

He is the co-developer of Self-Determination Theory, an widely researched theory that has been widely applied in areas such as child development, education, work, relationships, medicine, sports, and cross-cultural psychology. Ryan is an award-winning teacher, who has given addresses in over 80 universities worldwide. He is a Fellow of the American Psychological Association, the American Educational Research Association, and an Honorary Member of the German Psychological Society. He is currently Professor at the *Institute for Positive Psychology and Education* in Sydney Australia, and Professor of Psychology at the University of Rochester.



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Motivation of behavior takes many forms, not all of which are volitional or authentic. Sometimes people are intrinsically motivated—and sometimes they have to be pressured or compelled to work. Self-determination theory (SDT) distinguishes motivations by the degree to which they are autonomous, or willingly done, versus controlled by external rewards or pressures. People's quality of engagement, persistence and well-being are strongly affected by how autonomous or controlled they feel, a finding replicated across settings and cultures. In this talk Dr. Ryan provides an overview of SDT, with emphasis on research in education, sports, parenting and work. He details how students' performance and well-being are affected by the motivational strategies of parents, teachers, managers, and coaches. He also highlights some unique phenomena, such as why video games are so addictive, why people can't wait for the weekend, and why we are intrinsically motivated to help others. He is currently Professor at the *Institute for Positive Psychology and Education* in Sydney Australia, and Professor of Psychology at the University of Rochester.