

Map faculty development activities to elements of self-determination theory

- What is an idea or activity you have in mind related to faculty development?

Use the grid below to answer the following questions:

- How does your idea or activity support relatedness, competence, and autonomy?
- How could you incorporate more of these elements to increase motivation?

	Currently supported by	Ideas to incorporate it more
Relatedness		
Competence		
Autonomy		

Habit Science*			Application to Faculty Development
1	Cue: Make it obvious	It's right in front of me	
		I'm already there	
		I'm already doing it	
2	Craving: Make it attractive	It speaks to me	
		It matters to me	
		It looks interesting, important, & useful	
		Everybody's doing it	
		People I like or admire are doing it	
		I liked it last time!	
3	Response: Make it easy	I can find it	
		I can do it	
		I can afford it	
		It won't take long	
		I can remember it	
4	Reward: Make it satisfying	It was enjoyable	
		It was worthwhile	
		It counted for something	
		Someone noticed, someone cared	