

Contents

Introduction: What this book is about and how it can be used 1

 Is there such a thing as ‘motivation’? 1

 About the content of this book 2

 How to use this book 3

1 Background knowledge 5

 1.1 Different approaches to understanding motivation 6

 1.2 Motivating people 23

 1.3 Motivational strategies 28

2 Creating the basic motivational conditions 31

 2.1 Appropriate teacher behaviours 31

 2.2 A pleasant and supportive atmosphere in the classroom 40

 2.3 A cohesive learner group with appropriate group norms 42

3 Generating initial motivation 50

 3.1 Enhancing the learners’ language-related values and attitudes 51

 3.2 Increasing the learners’ expectancy of success 57

 3.3 Increasing the learners’ goal-orientedness 59

 3.4 Making the teaching materials relevant for the learners 62

 3.5 Creating realistic learner beliefs 66

4 Maintaining and protecting motivation 71

 4.1 Making learning stimulating and enjoyable 72

 4.2 Presenting tasks in a motivating way 78

 4.3 Setting specific learner goals 81

 4.4 Protecting the learners’ self-esteem and increasing their self-confidence 86

 4.5 Allowing learners to maintain a positive social image 97

v

Contents

4.6	Promoting cooperation among the learners	100
4.7	Creating learner autonomy	102
4.8	Promoting self-motivating learner strategies	109
5	Rounding off the learning experience: Encouraging positive self-evaluation	117
5.1	Promoting motivational attributions	118
5.2	Providing motivational feedback	122
5.3	Increasing learner satisfaction	125
5.4	Offering rewards and grades in a motivating manner	127
	Conclusion: Towards a motivation-sensitive teaching practice	135
	The ‘good enough motivator’	135
	A stepwise approach	136
	Please consider sharing your experiences	144
	References	146
	Index	153