

TABLE 2.1

Worksheet: Supporting Students' Psychological Needs of Autonomy, Competence, and Belonging

<i>Psychological Need</i>	<i>Ways to Support Students</i>
<i>Autonomy</i>	
What you would like to improve; consider your students' challenges in terms of feeling that they can exert control and make meaningful choices.	Describe possible ways to support your students' autonomy.
<i>Competence</i>	
What you would like to improve; consider your students' challenges in terms of feeling able to deal with the challenges of your course.	Describe possible ways to support your students' competence.
<i>Belonging</i>	
What you would like to improve; consider your students' challenges in terms of experiencing connection with others in the class.	Describe possible ways to support your students' feelings of belonging.