

Contents

Inti	oduc	tion: What this book is about and how it can be used	1	
	Abo	ere such a thing as 'motivation'? ut the content of this book to use this book	1 2 3	
I	Back	kground knowledge	5	
	I.I I.2 I.3	Different approaches to understanding motivation Motivating people Motivational strategies	6 23 28	
2	Creating the basic motivational conditions		31	
	2.I 2.2 2.3	Appropriate teacher behaviours A pleasant and supportive atmosphere in the classroom A cohesive learner group with appropriate group norms	31 40 42	
3	Generating initial motivation 59			
	3.I 3.2 3.3 3.4 3.5	Enhancing the learners' language-related values and attitudes Increasing the learners' expectancy of success Increasing the learners' goal-orientedness Making the teaching materials relevant for the learners Creating realistic learner beliefs	51 57 59 62 66	
4	Mai	ntaining and protecting motivation	71	
	4.I 4.2 4.3 4.4	Making learning stimulating and enjoyable Presenting tasks in a motivating way Setting specific learner goals Protecting the learners' self-esteem and increasing their self-confidence Allowing learners to maintain a positive social image	72 78 81 86	
	4.5	Anowing learners to maintain a positive social image	97	

Contents

	4.6	Promoting cooperation among the learners	IOC	
	4.7	Creating learner autonomy	102	
	4.8	Promoting self-motivating learner strategies	109	
5		nding off the learning experience: Encouraging positive 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	
Coı	nclusi	ion: Towards a motivation-sensitive teaching practice	135	
	The	'good enough motivator'	135	
	A stepwise approach			
		se consider sharing your experiences	136 144	
Ref	erenc	ees	146	
Ind	Index			