Research Friday: Motivation

Objective: In this Research Friday, you'll explore how motivation and learning strategies interact to influence learning outcomes. Building on our work with *Make It Stick* and Self-Determination Theory (SDT), you'll locate an empirical article that tests a motivational variable **and** a learning strategy variable (both need to be present). Then, you'll analyze how they intersect: Are they independent? Do they reinforce each other? Can motivation "rescue" poor strategy, or vice versa?

Your goal is to move beyond describing what the study tested: to evaluate how motivation and strategy **combine in actual learning situations**.

Step 1: Find a Peer-Reviewed, Empirical Article – Using PsycArticles from the library's database, find a peer-reviewed, *empirical* article published in the last 5 years (2020–2025). I'm so serious—use PsycArticles. Don't use Google Scholar. Don't make me call you out.

⚠️Your article **must include both:**

- A motivational component (e.g., mindset, goal orientation, interest, autonomy support, SDT variables like competence/autonomy/relatedness, or self-efficacy).
- A learning strategy component (e.g., retrieval practice, spacing, elaboration, self-testing, or feedback type).

Step 2: Summarize Your Study – Complete the table below with information from your chosen article:

What was the main research question?	
Who were the participants? What did they do?	
How did the study manipulate or measure **motivation**?	
How did the study manipulate or measure **learning strategies**?	
What were the key findings?	

Step 3: Cite Your Source – Record the citation details of your study.

Authors	
Year of publication	
Title of article	
Journal title	
Volume	
Issue	

Step 4: Evaluate, Reflect, and Synthesize – Write a brief reflection that answers:

Did motivation and strategy interact in meaningful ways in the study? How? If not, do you think there is potential for interaction that was missed?	
If you were designing a learning environment (e.g., classroom, workplace training), how would you apply insights from this study to support both motivation and effective learning strategies?	

Step 5: Peer Evaluation – Once you've completed your individual research, swap papers with someone. Student 2, answer the questions below.

Identify at least two commonalities between your two studies, based on what you read in your article and what you read on this worksheet.	
Synthesize the studies: What's the overall take-home message you've gleaned from learning about these two studies?	