

## INVITATION: GUEST LECTURE

The Research Unit of Personality & Educational Psychology welcomes

### Prof. Dr. Richard M. Ryan (University of Rochester)

**Autonomy and Control in Human Behavior:  
Research on Motivation and Wellness from  
Self-determination Theory**

**Thursday, November 6, 2014  
18:00 – 19:30, Leo 13, Room 2401**



The regulation of behavior takes many forms, not all of which are volitional or have the full support of the self. *Self-determination theory* (SDT) distinguishes types of motivation in terms of the degree to which they are self-regulated or autonomous, versus being regulated by internal or external rewards or pressures that are experienced as controlling. A expanding body of empirical research shows how people's quality of engagement, persistence, performance and well-being are strongly affected by how autonomous or controlled they feel while acting. Moreover, SDT details how motivation quality is affected by the styles and strategies of motivators from parents and teachers, to managers, coaches, and health-care professionals. In this talk Dr. Ryan will provide an overview SDT and its empirical foundations, with special emphasis on basic research studies of intrinsic and extrinsic motivation, including recent research using dual process theory, mechanistic studies, cross-cultural comparisons, and experience sampling. He will discuss how autonomy relates to quality of relationships, to collectivist versus individualistic cultural norms, to social harms and altruism, and to mindfulness, among other topics. Finally, he will discuss the scientific and practical import of SDT's applied research, including randomized clinical trials, investigating interventions in schools, workplaces, health-care clinics, virtual environments, and other settings.

Richard M. Ryan, Ph.D. is a widely published researcher and theorist in the area of human motivation, with over 300 articles, chapters and books. He is co-developer (with E.L. Deci) of *Self-Determination Theory*, an internationally researched theory that has been applied in hundreds of studies within areas such as child development, education, work, relationships, medicine, sport, and cross-cultural psychology. Ryan is also an award-winning teacher, who has given addresses in over 75 universities worldwide. He is a Fellow of the American Psychological Association, the Society for Personality and Social Psychology, and the American Educational Research Association, among others, and is an Honorary Member of the German Psychological Society. He has also received an Honorary Doctorate from the University of Thessaly, and distinguished career awards from the Society of Self and Identity and the International Network on Personal Meaning. He has been a Visiting Scientist at the Max Planck Institute, a James McKeen Cattell Fellow, and a Leverhulme Trust Fellow. Ryan also served as Editor-in-Chief of *Motivation and Emotion*. He is currently Research Professor at the Institute for Positive Psychology and Education (IPPE) at Australian Catholic University.

**We are looking forward to welcoming LMU researchers, students,  
and everybody who is interested!**